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Beet bread gives sandwiches a veggie boost PAGE 37

NOT EASY BEING YOUNG & FAMOUS

TWILIGHT STARS LOOK BACK ON HOW FAME HAS AFFECTED THEIR PERSONAL LIVES PAGE 25



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Thursday, November 15, 2012



News worth sharing.

No relief in sight for Deerfoot traffic jams

Delays. Much-awaited interchange at Glenmore Trail would likely take two years to complete once shovels break ground



JEREMY NOLAIS

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Planned projects to accelerate traffic on Calgary's busiest expressway appear to have taken a backseat — at least for the time being.

Alberta Transportation confirmed Wednesday that earlier optimism that construction of a new Deerfoot-Glenmore Trail interchange would begin this fall was premature and that the project has been left off the ministry's three-year construction-priority program running up to the end of 2014.

Spokesperson Trent Bancarz said that could change

come spring-budget time, but he added that funding dozens of much-needed projects in the province proves quite the balancing act.

"You never know," he said. "It's not unusual for things to slide on and off the program.... Whether it makes it on in the future, that would be a real guess on my part."

Designs for the interchange were completed earlier this year and include a new north-bound bridge and four lanes of free-flowing traffic in both directions. Currently, the choke-point narrows from three lanes to two.

Bancarz said the project is ready to tender, but a \$35-million hurdle stands in the way.

Other projects on the 150-strong construction priority list range in size, with some being easier to accomplish than the interchange, he added.

A second interchange proposed for the troublesome Deerfoot corridor between

Anderson Road and Southland Drive is also not included in the current program and lags behind its Glenmore counterpart in terms of planning to date.

Ald. Shane Keating said he believes the ideal time to commence interchange construction would be the end of 2013 when the southeast portion of the Stoney Trail ring road is scheduled to be complete.

At that point, Keating said there will also likely be talk of transferring control of the Deerfoot to the City of Calgary.

"If the city is going to receive the road back, it should receive it with (interchange) budget items attached to it," he said.

Online

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Fed up with congested Deerfoot commutes? It could be years before construction gets underway on interchanges to improve traffic flow. METRO FILE

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XL Foods

New case of E. coli surfaces in Alberta

A new case of E. coli has been linked to the XL Foods beef plant at the centre of an extensive product recall.

The Public Health Agency of Canada says the new case is in Alberta and brings the total number across the country to 18.

The agency says the person became ill last month and is still recovering.

Last month, the Canadian Food Inspection Agency gave the plant in Brooks, Alta., permission to resume slaughtering cattle after being shut down for more than a month.

On Nov. 4 the agency discovered new cleanliness problems at the plant and ordered corrective action.

It is not clear when the plant will be allowed to resume shipping beef to retailers in Canada or to export products to the United States. **THE CANADIAN PRESS**

Construction

Park and Jet not happy about Airport Trail plan

Construction on Airport Trail will cut off access to a private park-and-fly business, aldermen heard Wednesday.

The owners of Park and Jet have been left to negotiate a solution with the city, a representative of the company told council's transportation and transit committee.

Widening the east-west route to six lanes is set to begin in March, part of a much bigger project that could eventually cost the city as much as \$322 million over 27 years.

The committee postponed several decisions on the Airport Trail Functional Plan to a council meeting set for Dec. 3. **METRO**



Police kept a townhouse in Temple cordoned off for days following the discovery of two bodies on Halloween. METRO FILE

Police still lack leads in couple's deaths

Deaths. Investigators wrap up probe with many questions outstanding about what led to tragedy



JEREMY NOLAS
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By all accounts, Hiren Prajapati and his wife, Amiben, were a happy couple.

Calgary police said that, when interviewing friends, they found little indication of what led to a tragic murder-suicide involving the couple of seven years and admitted

Wednesday they may never know.

"Sometimes you don't get the why," explained Staff Sgt. Doug Andrus.

What investigators have determined is that sometime on the evening of Oct. 28 or early morning Oct. 29, Hiren, 32, stabbed his 27-year-old wife to death and then left their townhouse in the 200 block of Templegreen Drive N.E. and checked into a Medicine Hat hotel.

The next day, he was stopped on an unrelated traffic matter in Swift Current, Sask. At some point after that, Hiren returned home. Police then found both his and Amiben's bodies on Hal-

loween day.

"I can't speculate as to his reasons for being there (in Saskatchewan), but he did leave the residence," Andrus said.

Police had not had any prior dealings with the couple, but it was revealed Wednesday that Calgary EMS attended the residence on the morning of Oct. 19.

Spokesperson Adam Loria said the person was involved in the events that unfolded Oct. 19," Loria said.

Andrus added that even in death the Prajapati's are still granted a certain level of privacy.

The Prajapati's

- Neighbours said Hiren and Ambien Prajapati were originally from India and police said Wednesday the couple have previously lived in Ontario before coming to Calgary.
- The pair were originally introduced through an arranged marriage.



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AUPE

1 NEWS



A C-Train pulls into the Franklin station in Calgary as the sun sets on Wednesday afternoon. ROBSON FLETCHER/METRO

Bus delays not a measure of total reliability: Transit director

Mayor's musings. Naheed Nenshi recently questioned whether transit delays are becoming worse than in the past



ROBSON FLETCHER
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It might not have seemed like it in the past few weeks, but the director of Calgary Transit says service reliability is actually slightly better this year than last.

"It's been fairly similar between 2012 and 2011," Doug Morgan told Metro on Wednesday. "But in the last eight weeks we've had a few snow storms that have challenged us and the CN crossing in the southeast has been particularly disruptive to our system."

Morgan said delays at that crossing, along with

the winter weather, have created headaches for bus commuters in particular, but C-Train reliability is actually better than in 2011.

Due to 38 new cars being added to the fleet in advance of the west LRT opening, Morgan said, trains are travelling about 10 per cent farther between breakdowns, on average.

Mayor Naheed Nenshi recently questioned whether transit reliability had become an issue that needs addressing.

"My perception of reliability is that we've had some problems lately, more so than in the past," Nenshi said.

"My sense is that we're starting to see, as our fleet ages, more mechanical issues, and I want to find out if that's true."

Morgan said the aging fleet does lead to more breakdowns, as C-Train cars that are 20 to 30 years old are "twice as unreliable" as new cars.

Top causes of bus delays

"Most of our reliability problems on the bus side happen when we have adverse weather, when we have accidents, or when we have construction."

Transit director Doug Morgan on the main causes of bus delays

Newer is better

- Transit measures C-Train reliability in "mean distance between failure," the average number of kilometres a train travels before a breakdown.
- Mayor Naheed Nenshi also floated the idea of more "side yards," parallel tracks where broken-down trains can be quickly moved to clear the way for functional trains.
- Transit director Doug Morgan said side yards are difficult to build, however, because they require widening LRT rights of way.
- Morgan said more switches between tracks could also allow functional trains to bypass broken-down ones.
- New train cars are not only more reliable themselves, their recent addition to the fleet has also allowed Transit to schedule more frequent maintenance on older cars.

Artists go up against small-business owners

Three planned art exhibits next month may be reduced to one after concerns raised by the local business revitalization zone.

Market Collective, a frequent event that showcases local artists' work at the Ant Hill building in Kensington, had scheduled three fairs in the month of December with nearly 200 artists signed up to sell their work.

Co-founder Angel Guerra said they were informed earlier this month that the Calgary Parking Authority, which owns the Ant Hill space, has limited them to one fair after complaints

from the Kensington BRZ.

"The reasons that were given to us is that they feel we take up the parking in the area and we're also a detriment to local businesses," said Guerra.

Hoping to reverse the decision, the founders took to Twitter and Facebook to have their artists and supporters make a plea to the BRZ, the CPA and local politicians.

"Our agreement is one weekend per month and we wanted them to honour that," said BRZ executive director Annie McNis, adding there are

a "number of issues."

"These can be the three busiest shopping weekends in the year for my bricks-and-mortar businesses."

Local artist and creator of Bad Portraits Mandy Stobo said she and several artists rely on Market Collective, especially over the holiday season.

"I think, for everyone involved, it's their livelihood. They can't afford to have a store, or they're not at a level where they can approach people that have stores to show their work. It's the only place, really."

KATIE TURNER/METRO



Market Collective co-founder Angel Guerra said she hopes the Kensington BRZ will reconsider after lodging complaints about the three markets they hope to hold in December. KATIE TURNER/METRO



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Former MP. Calgary launch for another Liberal leadership hopeful

The federal Liberal leadership race has another high-profile candidate.

Former MP Martha Hall Findlay, who also sought the party's top job in 2006, came forward Wednesday on the first official day of the leadership campaign.

"In 2006 there were some who questioned my run for leadership. But soon most were calling it gutsy. Before long people were coming up to me all the time to say how much I inspired them," Hall Findlay said as she made her announcement in Calgary.

"We need to take on (NDP Leader) Thomas Mulcair right where it counts and where he's



Martha Hall Findlay

LARRY MACDOUGAL/THE CANADIAN PRESS

the weakest — the economy. We need to take on (Prime Minister) Stephen Harper, take the fight to him, not just wait and react defensively to the next round of attack ads."

THE CANADIAN PRESS

The candidates so far

Hall Findlay joins Justin Trudeau, who announced his candidacy six weeks ago, and four others.

- They include Toronto lawyer Deborah Coyne, Vancouver Crown prosecu-

tor Alex Burton, Ottawa lawyer David Bertschi and David Merner, former president of the party's British Columbia wing.

- The Liberals are to choose a new leader in April.

Sex case. Sentencing of former court guard delayed

There has been a delay in sentencing for a former Calgary courthouse security guard on dozens of child sex-related charges.

The lawyer for Daniel Thomas Mackie says pre-sentence reports and risk assessments were done, but some issues have come up.

Crown prosecutor Nadine Nesbitt says she's disappointed

about the delay, given the seriousness of the charges.

Mackie pleaded guilty in August to 39 charges ranging from child pornography to luring and impersonation.

Court heard he extorted naked photos of children between 2007 and 2011.

The case is to be back in court on Nov. 22.

THE CANADIAN PRESS



The city plans to give the private sector another four months to come up with proposals for the historic Eamon's building. METRO FILE

Washroom idea 'stupid': Former Eamon's owner

History at stake. Calgary Heritage Authority urges city to maintain 'rare and unique' building, but numerous aldermen question the cost of doing so



ROBSON FLETCHER

robson.fletcher@metronews.ca

How would you feel if the city wanted to turn your old home into a toilet?

Bob Everett certainly isn't

Quoted

"At this point in time, given what we have, I'm not really prepared to spend any more public funds on this, but I am prepared to give it another shot."

Ald. Gord Lowe, on extending the call for private-sector proposals on the Eamon's building by 120 days.

keen on the idea.

"I think it's a stupid choice," he said Wednesday when asked about a city proposal to turn the historic Eamon's camp building into public washrooms to serve a new northwest LRT Park and Ride.

Everett, who in the mid-1980s turned the former gas

station into a home, said he would prefer to see the building become a coffee shop or something similar.

No private-sector proposals came forward after the city put out a call earlier this year; however, leading Ald. Gord Lowe to question the viability of that idea.

Everett, however, said the city's terms made the venture unappealing to prospective investors.

Jim Cullen of the Calgary Heritage Authority agreed.

"Entrepreneurs don't just show up to snap up heritage development opportunities," he said. "Small businessmen don't have deep pockets. It takes time."

The public-washroom plan is just one of several the city is considering for the 1950s-era Eamon's building.

Aldermen voted Wednesday to give the private sector another 120 days to come forward with other proposals.

School-council meetings become venue for Catholic school HPV debate

Let the debate begin.

That's the message to Calgary Catholic school parents, who are now being encouraged to attend regularly scheduled school-council meetings and provide feedback on whether they think the controversial human papillomavirus (HPV) vaccine should be offered in schools.

The consultation period comes after elected trustees had a change of heart during a board meeting late last month and agreed to revisit the matter after four years of rejecting a vaccination program offered by nearly every other Canadian Catholic school board.

The board's spiritual leader, Bishop Fred Henry, has also

Feedback

- Parents who miss or are unable to attend their designated school council meeting can email feedback to hvpinput@cssd.ab.ca.

supported renewed discussion on the matter.

"These are meetings that were scheduled anyway," said Catholic board spokesperson Janet Corsten. "This is all kind of proceeding throughout the month of November."

The vaccine has proven effective against the virus, which studies have shown is a leading

cause of cervical cancer.

Calgary mother Jodi Steininger already had to look outside the school system to have her older daughter vaccinated a few years ago but hopes the board will reconsider before next year, when her younger child enters Grade 5 — one of two grades in which the HPV vaccine is administered.

"I think what they (the board) are missing is that the vaccine for hepatitis B, which is a sexually transmitted disease, is already offered in Grade 5," Steininger said, referring to a long-held belief by Bishop Henry that the vaccine promotes promiscuity. "It's only logical to combine the two."

JEREMY NOLAIS/METRO

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Albertans getting 'heart smart' message

Healthy cities. Rates of major procedures declining faster in Edmonton and Calgary than in other cities



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Albertans' hearts are getting healthier and researchers

believe it has a lot to do with people eating better, exercising more and smoking less.

"The trends are very significant," said Dr. Merril Knudtson, who in 1995 began a monitoring program that now tracks more than 200,000 patients with chronic heart disease in the province.

Data drawn from the better part of the past decade shows marked decreases in the need for major cardiac procedures in Alberta.

Quoted

"There have been improvements in healthy behaviours in the population, whether it's reduced cigarette smoking, increasing exercise, dietary adjustments. I think it's the little things ... that are likely the biggest drivers."

Dr. Merril Knudtson on what's making Albertans' hearts healthier

The number of coronary bypass surgeries, for example, was cut in half from 2003 to

2010, dropping from 84 to 42 per 100,000 people.

Dr. Sean McMurtry, lead

author of a study on the subject to be published in the Canadian Journal of Cardiology, said the research didn't look specifically at what is making Albertans' hearts healthier, but lifestyle changes are a likely reason.

McMurtry said studies elsewhere in North America have examined that question, and the Alberta data is concordant with the growing body of research showing improvements in cardiac health.

"Others have systematically looked at the reasons for that, and about half of the reduction can be attributed to what you could call healthier lives," he said. "And then about half of the reduction is attributable to advances in health care."

As a result, heart disease and stroke are no longer the No. 1 cause of death in Canada.

"Cancer has just surpassed, in the last year or two, cardiovascular disease as the leading killer of Canadians," he said.

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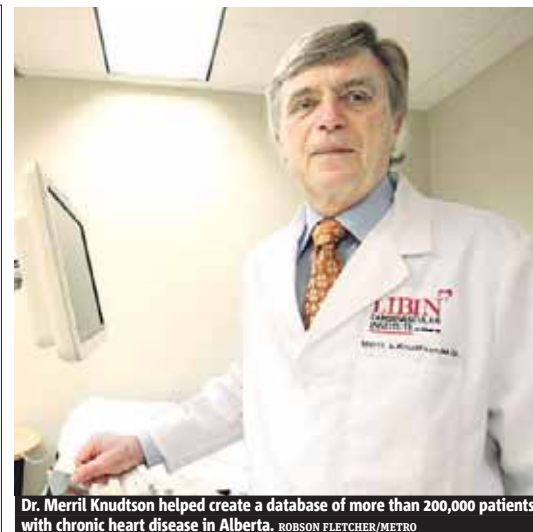
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Dr. Merril Knudtson helped create a database of more than 200,000 patients with chronic heart disease in Alberta. ROBSON FLETCHER/METRO

Afghanistan. Reservist takes blame for incident that killed soldier

A reservist who was charged after an explosion killed a young corporal on a training range in Afghanistan admitted responsibility for the incident during questioning by a military investigator.

The tape of the interview with Maj. Darryl Watts, 44, was played Wednesday at the court martial hearing where he pleaded not guilty to charges of manslaughter, unlawfully causing bodily harm, breach of duty and negligent performance of duty.

The investigator, Petty Officer Eric McLaughlin, showed Watts video of the range exercise that turned deadly.

Watts, 44, agreed that when the order to fire was given, his soldiers were not positioned safely.

"I would like to see the troops behind cover, and that's not what I see here," Watts said.

He explained he trusted his warrant officer, Paul Ravensdale, to run the exercise safely because he had no training or experience with the explosive being detonated while the more junior officer was qualified.

"All your expectations are on Warrant Ravensdale to do your job?" asked McLaughlin.



Calgary reservist Maj. Darryl Watts is facing a court martial for a fatal training accident in Afghanistan.

JONATHAN HAYWARD/THE CANADIAN PRESS

"Yes," replied Watts.

"Ultimately, who was responsible for what happened here?" asked McLaughlin.

"I would be, as commander of my platoon," said Watts.

But Watts also said he received approval from two of his superiors to hand off responsibility for the exercise, saying he tried to research safety procedures for the weapon himself, but there was little information available in Afghanistan.

Ravensdale faces identical charges to Watts.

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Dennis Plintz, executive director Lisa Falkowsky and child and adolescence services manager RJ Riad celebrate the kickoff to the Calgary Women's Emergency Shelter renovations on Wednesday. LISA WILTON/METRO

Calgary Women's Emergency Shelter to get long-sought upgrade

Escaping abuse. New spaces at facility will help kids and teens heal from the trauma of family abuse

LISA WILTON
lisa.wilton@metronews.ca

Dennis Plintz was only four years old when he first spent the night at the Calgary Women's Emergency Shelter.

Unfortunately, it wasn't the last time.

For the next five years,

Plintz found himself in and out of the women's shelter as his mother struggled to escape an abusive relationship.

Today, Plintz is a successful real estate agent, happily married with his own children. He says he credits the shelter for helping him make it through some of the toughest moments of his childhood.

"The staff, the resources, having a secure door at the front, food, a warm bed — it was all important," said Plintz, 37, who was on hand Wednesday to celebrate the official kickoff of the building's renovation.

The facility — the location

of which cannot be identified for obvious safety reasons — is being upgraded to better meet the needs of the almost 500 children and teenagers who use the shelter each year.

"We're putting in new childcare spaces that will allow our specialized childcare workers to create better programs and services for children who are healing from abuse," explained Lisa Falkowsky, executive director of the not-for-profit agency.

"We'll have special teen-focused spaces. So when they come with their mothers into our emergency-shelter programs, they'll have a space that they're comfortable in."

Safe haven

The Calgary Women's Emergency Shelter was the first of its kind in Canada when it opened in 1974. Alberta still has the second-highest rate of spousal assault in the country.

- **Taking shelter.** About 1,000 women and children use the shelter each year.
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It's almost like Real Housewives

David Petraeus sent out signals he'd like to stay on for President Barack Obama's second term. But suddenly he was resigning over an extramarital affair. It's a scandal almost like Real Housewives. Follow this cast of characters:

David Petraeus

A four-star general praised for his leadership in Iraq and Afghanistan. Became CIA chief in 2011. Shocked the U.S. by admitting an extramarital affair with Paula Broadwell.



Paula Broadwell

Author, married mom and Petraeus's biographer. Their affair was exposed after Broadwell sent emails to Jill Kelley, warning her to stay away from Petraeus, officials said.



Jill Kelley

Surgeon's wife, mom of three kids, friend of Petraeus and his wife, Holly. A party hostess and social liaison for leaders of the U.S. military's Central Command in Tampa.



John Allen

A four-star Marine general, a top U.S. commander in Afghanistan. Married. The Pentagon is investigating emails involving Allen and Kelley. Some were "flirtatious," say officials.



The shirtless FBI man

And then there's the FBI agent to whom Kelley first complained about disturbing emails. He's been named by The New York Times as Frederick Humphries, 47. It's alleged he once sent her shirtless photos of himself. He passed her complaint to others for investigation.

Four-star follies shock U.S.

Sex scandal. The Petraeus affair grows like a soap-opera plot but, says Obama, poses no security threat — yet

U.S. President Barack Obama made his first public comments Wednesday on the growing scandal around two top four-star generals.

Was national security threatened?

No, said a wary Obama.

"I have no evidence at this point that classified information was disclosed that in any way could have any impact on our national security."

But he's reserving judgment on how the FBI has handled the investigation that didn't reach his desk until after last week's election.

Meanwhile, the tangled tale that exposed one general's career-ending extramarital affair and another's questionable relationship with a Florida socialite was ballooning to soap-opera proportions. Five developments:

One: A U.S. official said the army has suspended the high-security clearance of Paula Broadwell, the woman who had an affair with CIA

Roadblock

Obama had hoped to use Wednesday's news conference, his first since his re-election, to build support for his economic proposals.

- **Stymied.** Instead, the scandal threatens to derail his agenda and complicate planning during a critical time in the Afghanistan war effort.

director David Petraeus, triggering his resignation.

Two: With media camped at her home, a Florida socialite tied to the scandal asked police for diplomatic protection. Jill Kelley cited her status as honorary consul general for South Korea.

Three: Kelley's pass to MacDill Air Force Base has been suspended. Kelley now must report to the visitor centre and sign in.

Four: The FBI found classified documents on Broadwell's computer and at her home in Charlotte, N.C.

Five: At least five current and former U.S. generals have been reprimanded or investigated for possible misconduct in the past two weeks, reports said.

THE ASSOCIATED PRESS



President Barack Obama steps up to the podium at his Washington, D.C., news conference Wednesday. He said of the Petraeus sex scandal: "I have a lot of confidence generally in the FBI, and they have a difficult job. It's best right now to see how this process unfolds." CHARLES DHARAPAK/THE ASSOCIATED PRESS

Too close

Why a bio can lead to a love affair

The love affair between David Petraeus and Paula Broadwell is an example of the closeness between biographers and their subjects, experts say.

The stories of famous women and men often are coloured by rapture.

"As with psychiatrists, same with biographers, you shouldn't sleep with your subject," said Blake Bailey, biographer of authors John Cheever and Richard Yates.

Years spent together, as Broadwell had with Petraeus in Afghanistan, can make the biographer's experience intensely personal, sexual or not.

Doris Kearns Goodwin was an aide to Lyndon Johnson, who sometimes took notes while the ex-president lay in her bed, a relationship she called platonic and described in her book, *Lyndon Johnson and the American Dream*.

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Outrage lingers at border

A pair of Mexican drug smugglers in camouflage pants, bundles of marijuana strapped to their backs, scaled a fence in the middle of the night, slipped quietly into the United States and dashed into the darkness.

U.S. Border Patrol agents and local police gave chase on foot — from bushes to behind homes, then back to the fence.

The conflict escalated. Authorities say they were being pelted with rocks.

One agent responded by aiming a gun into Mexico and firing multiple shots, killing a 16-year-old boy whose family says was in the wrong place at the wrong time.

Targets

- The U.S. Border Patrol says sometimes lethal force is necessary.
- It says its agents were assaulted with rocks 249 times in the 2012 fiscal year, causing injuries ranging from minor abrasions to major head contusions.

The Oct. 10 shooting has prompted renewed outcry over the Border Patrol's use-of-force policies and angered human-rights activists and Mexican officials who believe

the incident has become part of a disturbing trend along the border — gunning down rock-throwers rather than using non-lethal weapons.

The Department of Homeland Security Office of Inspector General has launched a probe of the agency's policies, the first such look at the tactics of an organization with 18,500 agents deployed to the Southwest region near the Mexican border alone.

The Mexican government has pleaded with the U.S. to change its ways.

And the UN High Commissioner for Human Rights has questioned the excessive use of force by Border Patrol.

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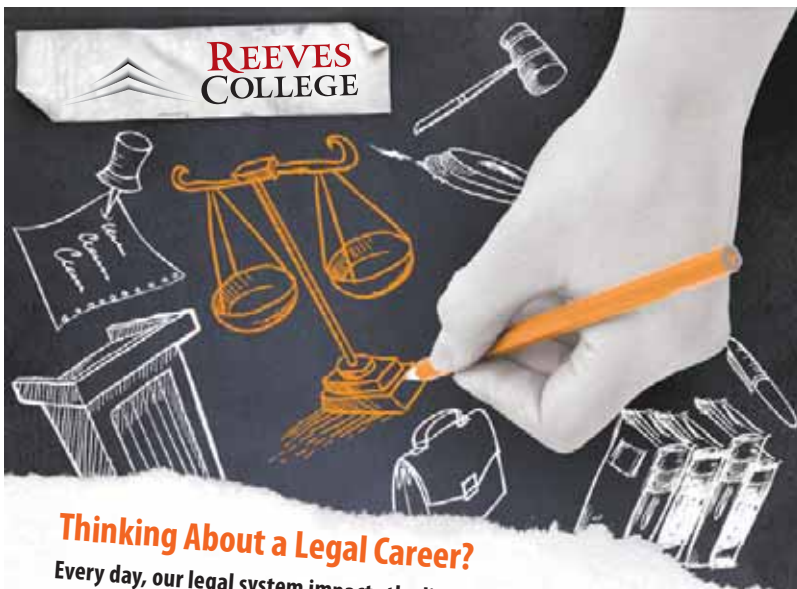
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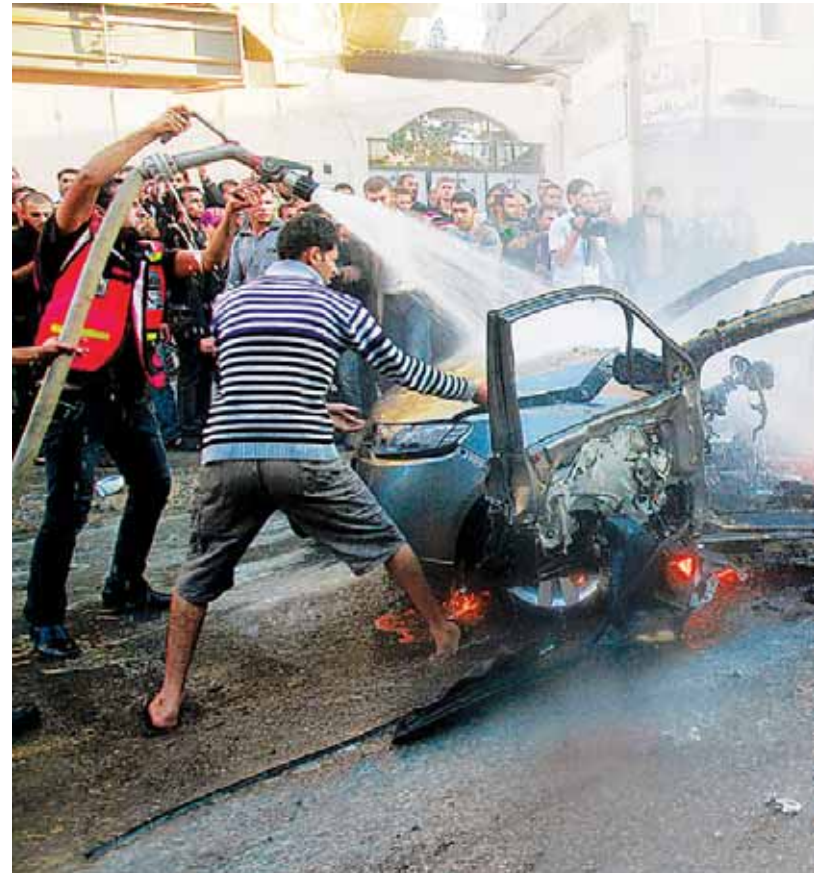
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People gather around the wreckage of the car in which Ahmed Jabari, head of the Hamas military wing in Gaza City, was killed on Wednesday. ADEL HANA/THE ASSOCIATED PRESS

Israel kills Hamas military chief, warns of broader operation

'Pillar of Defence.'
After assassination,
Israel says a ground
operation in Gaza is a
'strong possibility'

Israel carried out a blistering offensive of more than 20 air strikes in the Gaza Strip on Wednesday, assassinating a Hamas military commander, Ahmed Jabari, and targeting the armed group's training facilities and rocket launchers in Israel's most intense attack on the territory in nearly four years.

Israel said the air strikes, launched in response to days of rocket fire out of Hamas-ruled Gaza, were the beginning of a broader operation against the Islamic militants code-named "Pillar of Defence." Israeli defence officials said a ground operation was a strong possibility in the coming days, though they stressed no decisions had been made, and much would depend on Hamas' reaction. There were no immediate signs of extraordinary troop deploy-

ments along the border.

The attack came at a time when Israel seems to be under fire from all directions. Relations have been deteriorating with Egypt's new Islamist government; the country's lawless Sinai desert has become a staging ground for militant attacks on Israel, and the Syrian civil war has begun to spill over Israel's northern border. Earlier this week, Israel fired back at Syria — for the first time in nearly 40 years — after stray mortar fire landed in the Israeli-controlled Golan Heights.

With at least 10 Palestinians dead, including two young children, Wednesday's offensive was certain to set off a new round of heavy fighting with Gaza militants, who have built up a formidable arsenal of rockets and missiles.

It also threatened to upset Israel's relations with neighbouring Egypt and shake up the campaign for Israeli elections in January. In a preliminary response, Egypt recalled its ambassador to Israel in protest.

"If there is a need, the military is prepared to expand the operation. We will continue to

Violence

In a nationwide address, Prime Minister Benjamin Netanyahu said Israel could no longer stand repeated attacks on its southern towns.

- **Impact.** Days of rocket fire have heavily disrupted life for some 1 million people in the region, cancelling school and forcing residents to remain indoors.
- **Escalation.** The Israeli military said it was ready, if necessary, to send ground troops into Gaza. The defence officials who said a ground operation was likely in the coming days spoke on condition of anonymity because they were discussing sensitive military plans.

do everything to protect our citizens," Prime Minister Benjamin Netanyahu declared in a nationwide address.

THE ASSOCIATED PRESS

Government defends exclusion of Carol Todd at bullying summit

Inspired by her daughter. Mother of Amanda Todd said she only wanted to listen, watch and absorb the information



PHYLICIA TORREVILLAS
Metro in Vancouver

The B.C. government is defending its decision to leave out Carol Todd from an anti-bullying summit that was inspired by her daughter Amanda's tragic death.

Education Minister Don McRae told reporters Wednesday that two experts on bullying and anti-bullying response — Theresa Campbell and Kevin Cameron — expressed concern that Todd's presence could pose risks for the students or young adults.

"They expressed concern that if Mrs. Todd were to attend



Amanda Todd FACEBOOK

with the young people that the risk for unintended consequence was there," he said.

Cameron, the executive director of the Canadian Center for Threat Assessment and Trauma Response, said they wanted a lower-anxiety forum focused on bullying and not on trauma.

He also advised the ministry to meet Todd beforehand to

Feeling snubbed

"If you're going to mention my daughter's name, then I would think it would've been nice if the parents were invited."

Carol Todd, whose daughter Amanda took her own life early last month.

discuss the issues that her presence could have both for her and the young participants.

"It was an understanding from prior experience with high-profile traumas that I have dealt with, many parents want to be present, feel they can, and in the end ... they wished they had never said yes because they weren't able to manage their emotion and it was too soon after the traumatic incident."

The ERASE bullying summit was held Tuesday and gathered more than 100 students, educators and experts to talk about ways to combat bullying.

Privacy violations

Ombudsman took a back seat on issue: Veterans

The country's veterans ombudsman received nine privacy-violation complaints over the last five years, seven of which were handed over to Canada's privacy commissioner — a move questioned by a growing number of ex-soldiers.

A high-profile advocate, who claims his medical files were raided, wants the federal solicitor general to investigate whether it was appropriate for ombudsman Guy Parent to "take a back seat" on the issue.

THE CANADIAN PRESS

'Intelligence source'

PCO spent \$463K monitoring ethnic media

Citizenship and Immigration Canada isn't the only department spending thousands of dollars keeping an eye on the country's ethnic media. The Privy Council Office spent \$463,300 last January on a two-year contract with the same ethnic media monitoring company that Citizenship has paid almost \$750,000 over the past three years.

THE CANADIAN PRESS



Family mourns after alleged mob murder near Montreal

Family members of alleged mob boss Joe Di Maulo prepare to release doves after funeral services Wednesday in Montreal. Di Maulo was murdered in front of his home on Nov. 5 in Blainville, Que., north of Montreal.

RYAN REMIORZ/THE CANADIAN PRESS

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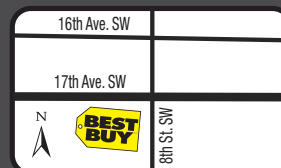
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Ill woman denied an abortion dies, feeding Irish debate

Fading health.

Woman suffering during pregnancy was refused abortion and died in hospital from blood poisoning

The debate over legalizing abortion in Ireland flared Wednesday after the government confirmed that a woman in the midst of a miscarriage was refused an abortion and died in an Irish hospital after suffering from blood poisoning.

Prime Minister Enda Kenny said he was awaiting findings from three investigations into the death of Savita Halappanavar, a 31-year-old Indian woman who was 17 weeks pregnant.

Her case highlighted the legal limbo in which pregnant women facing severe health problems can find



Indian national Savita Halappanavar died after being refused a termination of her pregnancy at a hospital in Galway, Ireland. HANDOUT/GETTY IMAGES

themselves in predominantly Catholic Ireland.

Ireland's constitution of ficially bans abortion, but a 1992 Supreme Court ruling found the procedure should be

legalized for situations when the woman's life is at risk from continuing the pregnancy.

Five governments since have refused to pass a law resolving the confusion, leaving Irish hospitals reluctant to terminate pregnancies except in the most obviously life-threatening circumstances.

Halappanavar's husband, Praveen, said doctors at University Hospital Galway in western Ireland determined she was miscarrying within hours of her hospitalization for severe pain on Sunday, Oct. 21.

He said over the next three days, doctors refused their requests for an abortion to combat her surging pain and fading health.

He said his wife vomited repeatedly and collapsed in a restroom that night, but doctors wouldn't terminate the fetus because its heart was still beating.

THE ASSOCIATED PRESS



The long arm of the law

Riot police apprehend a protester during a general strike in Madrid, Spain, Wednesday. Spain's General Workers' Union said the nationwide stoppage, the second this year, was being observed by nearly all workers in the automobile, energy, shipbuilding and construction industries. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Arizona

Woman accused of running over husband because he didn't vote against Obama

Police in Arizona say a woman ran over her husband with an SUV because he didn't vote in last week's presidential election.

Authorities say Holly Solomon opposed President Barack Obama and was upset her husband didn't go to the polls.

Police say Solomon chased her husband through a parking lot, circled him as he hid behind a light pole, struck him and pinned him under the vehicle as he tried to flee.

Solomon told police she was just trying to scare him but accidentally stepped on the accelerator.

She was booked on an aggravated assault count.

The husband told investigators Solomon believed her family was going to face hardship if Obama was re-elected.

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When hospitals fail you, go crowd-source a cure



Salvatore Iaconesi, a 39-year-old Italian artist and engineer, was diagnosed with a brain tumour in early September. He has decided to publish his medical records online and is now trying to crowd-source a cure. COURTESY ORIANA PERSICO

Second opinion. Italian cancer patient shares his medical records online, searching for a cure for both body and soul

In a few weeks, a team of surgeons will slice open Salvatore Iaconesi's head and attempt to remove the tumour growing inside his brain. But on the Internet, Iaconesi has already opened up his head — and his private medical records — for the world to see.

In early September, Iaconesi decrypted his own medical information and posted his CT scans, MRI images and health records on his website, La Cura. "Anyone can give me a cure," he wrote in an open invitation.

By publishing his medical

information online, Iaconesi is crowd-sourcing a cure for his cancer. But for the 39-year-old Italian artist, hacker and engineer, the "cure" he seeks is not strictly a medical one.

"There are cures for the body, for spirit, for communication," he wrote on his website, which went live on Sept. 10. "Grab the information about my disease, if you want, and give me a cure: create a video, an artwork, a map, a text, a poem, a game or try to find a solution for my health problem."

In late August, Iaconesi woke up in a hospital and was told he had a glioma, a type of malignant tumour.

Iaconesi wanted to know everything about his disease and treatment options. But he felt excluded from the medical conversation. One surgeon balked when Iaconesi asked him to explain his technique.

So Iaconesi decided to leave

the hospital. But first, he paid 35 euros for a CD containing his medical information, trapped in an obscure file format.

Tens of thousands have since answered Iaconesi's call and he has received more than 600 poems, dozens of videos and countless testimonials from patients around the world. Artists have also found inspiration in Iaconesi's brain scans and medical data, creating everything from drawings and visual performances to an online model of his tumour that can be printed using a 3-D printer.

Approximately 60 doctors from around the world — Italy, Germany, Brazil, Britain, the United States — have also been in touch, offering medical opinions, expertise and even their own services at a discount. Some are also now in conversation with each other, discussing best strategies and techniques for Iaconesi to beat his cancer.

TORSTAR NEWS SERVICE

Giving back

Canadians more charitable: Poll

More Canadians are showing signs of willingness to dig deeper into their wallets for charitable causes, a survey from one of Canada's major banks suggested Wednesday.

The online poll from BMO Harris Private Banking found that 79 per cent of those surveyed had made a charitable donation in the past 12 months.

The figure was up sharply from 2011 levels, when just 68 per cent had made contributions.

Respondents also indicated they were writing larger cheques than in recent years. The average donation amount rose to \$557 in 2012 from \$487 the year before. **THE CANADIAN PRESS**

Stop the spread

French Senate passes Nutella tax

First the French government went after the rich. Now it has it in for Nutella.

Despite an outcry in support of the beloved chocolate-and-hazelnut spread, the Senate passed a measure Wednesday that would triple the tax on palm and some other vegetable oils in the hope of cutting down on obesity.

The "Nutella tax" would affect any foods made with those oils and bring in about 40 million euros.

Frederic Thil, the head for France of Ferrero, which makes the spread, told Le Parisien newspaper that the recipe won't change. **THE ASSOCIATED PRESS**

Affirmative action

Europe seeks out business women

The European Commission wants more women in the boardrooms of large European companies, saying it's a matter not only of fairness but also of good business sense.

Commission Vice-President Viviane Reding says the target is to have women compose at least 40 per cent of the boards of publicly traded European companies by 2020, and by 2018 for state-owned companies.

As of 2016, she says, companies where women make up less than 40 per cent will have to choose qualified women to fill vacancies or face penalties. **THE ASSOCIATED PRESS**

Warning labels on cigarette packs among world's best

Up sharply. Canada fourth in ranking of 198 countries, up from 15th two years ago

When it comes to warning people about the dangers of cigarettes, Canada's leading cancer researcher says we're not just blowing smoke.

The Canadian Cancer Society says Canada's cigarette packaging bears some of the most prominent health messages in the world. The society says three-quarters of the space on Canadian packaging is now devoted to pictures and text discouraging smokers from lighting up.

In a ranking of 198 countries, Australia took top spot by covering 82.5 per cent of its packages with health warnings, followed by Uruguay and Sri Lanka.

Senior policy analyst Rob



A Canadian cigarette pack shows three-quarters of the packaging devoted to pictures and text that discourages smokers from lighting up. DENIS SAVARD/THE CANADIAN PRESS

Cunningham said much of Canada's progress comes as a result of federal regulations that went into effect on June 19. The new rules require tobacco companies to cover 75 per cent of cigarette packages with pictures depicting the effects of lung cancer and text enumerating the health risks associated with smoking.

Some 2011 data from the society suggests that Canadians are heeding warnings

to butt out. A survey found that 17 per cent of Canadians identified themselves as smokers, down from 24 per cent a decade earlier.

Canada was the first of the countries surveyed to compel manufacturers to display the graphic images, kicking off a trend that 62 other countries have since followed.

Australia, in particular, has emerged as an international benchmark for tobacco warnings, Cunningham said.

He cited the adoption of plain packaging laws for much of that country's success. Those regulations forbid tobacco companies from displaying logos or other brand identifiers on their packages. Manufacturers went to court to fight the regulations, but lost. Anti-smoking advocates in Canada have urged Ottawa to adopt similar measures, which Health Canada has previously said it has no plans to pursue. **THE CANADIAN PRESS**



Death on display at London exhibition

A visitor takes a closer look at a Plasticine modelling clay skull entitled Calavera by the Argentine Mondongo Collective at the Wellcome Collection on Wednesday in London, England. The Death: A Self-portrait exhibition showcases 300 works from a unique collection by Richard Harris, a former antique print dealer from Chicago, devoted to the iconography of death. The display highlights art works, historical artifacts, anatomical illustrations and ephemera from around the world and runs until Feb. 24, 2013. **PETER MACDIARMID/GETTY IMAGES**

Weather the new fashion adviser?

Forget fashion magazines — a new survey suggests an increasing number of Canadians turn to weather forecasts to figure out what to wear.

The Environment Canada public-opinion survey examined where Canadians get their weather information and how they use it.

It suggests 36 per cent of Canadians use weather information to determine how to

dress, up from 23 per cent in 2007.

The most popular way to use weather information remains to help plan outdoor events, though more Canadians are also using it for gardening, the analysis of the results suggests.

The study was carried out by Harris Decima between May 8 and 20.

General Internet is men-

tioned a source by 29 per cent of Canadians — the same percentage who note general television as the place they look for a forecast.

What kind of weather matters depends on where respondents lived. British Columbians and Albertans viewed icy roads as being more significant than freezing rain or heavy snow.

THE CANADIAN PRESS



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Facebook prompts delight, disgust with couples pages

Forced togetherness.

Users can't opt out of new mandate that establishes separate page for listed couples

Facebook gives and Facebook takes away, version 3.0.

The global behemoth of social media has introduced an automatic "couples" page that has triggered the same instant revulsion and joy of its past changes.

Facebook introduced the "couples" page last Thursday as "a new look for the Friendship page." If you and someone you are in a relationship with list each other by name in your respective your statuses, Facebook has already created a page just for the two of you. To see it, go to facebook.com/us.

The page collects all of your joint tagged pictures, lists your mutual friends and tracks your shared posts.

"Makes me want to retch," Emma Barnett, women's editor



An example of the controversial new couples pages. SCREENSHOT

of Britain's Daily Telegraph, felt compelled to say.

"This is super lame. I am not a combined unit with my loved one," wrote Liz Remp of Ann Arbor, Mich., on Facebook.

"If this signals an end to all the JohnDoe JaneDoe accounts, I'm all for it," said Gabriel Crutchfield of Knoxville, Tenn.

A Facebook page popular in Hong Kong, Profiles for

Couples, has been lobbying for this very "road to virtual unity" since 2009.

Couple-page fan Tiffany McGee of Cedartown, Ga., joined the groundswell in 2010, ex-

Edgerank

Facebook is often accused of needless meddling. In September, the company strengthened its filter for old or irrelevant posts.

- One agency discovered the reach of 15,380 of its posts had dropped by half after the changes.
- The wound was re-opened Monday when a Scottish developer revealed a workaround.

plaining "It seems easier to me to have a page with my husband. His friends are my friends and vice-versa! It would be nice just to have one page to edit :)"

As with other Facebook mandates, there is no opt-out.

TORSTAR NEWS SERVICE

What do you think of Facebook "couple" pages? Tweet us your thoughts at: @metrocargary



Inuktitut. Inuit people missing STI terminology

It burns. It itches. It stings and it's sore.

The doctor tells you it's chlamydia, but how can you fully understand what that means if your language doesn't have the right words?

In Canada's 53 Inuit communities, where more than 35,000 people speak Inuktitut as a first language, the dearth of specific terms and phrases relating to sexually transmitted infections and diseases like HIV-AIDS is seen as a barrier to public health.

That's why Pauktuutit Inuit Women of Canada has released a glossary of terms to fill in the blanks.

The organization decided to address the troublesome sexual semantics after the issue was raised at a health forum in Iqaluit, Nunavut, in 2009. Even words for major diseases lacked clarity, said Geri Bailey, Pauktuutit's manager of health policy and programs.

"Cancer and HIV translate the same way in some dialects: You have a terminal illness and you're going to die," she said.

TORSTAR NEWS SERVICE

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Prentice calls for clarity on state-owned investment

Nexen deal. Ex-Tory cabinet minister says controversy has been building for years

Former Conservative cabinet minister Jim Prentice says strict rules on governance and investment transparency are needed if state-owned enterprises are allowed to move into Canada, but that the country cannot afford to turn its back on such opportunities.

In a speech to the Oil and Money 2012 conference in London, Prentice said current turbulence over investments by state-owned enterprises in Canada may have caught some in the international community by surprise.

However, Prentice, now a senior executive with Canada Imperial Bank of Commerce, said the controversy has been building for years. It recently came to a head with a couple of major takeover deals — including the \$15.2-billion bid by state-owned China National Overseas Oil Corp for Nexen Inc.

The bid, made last August, is still under review by Ottawa under the Investment Canada Act, which requires that major takeovers by foreign concerns are of “net benefit” to Canada.

More recently, the federal government turned thumbs down on a \$6-billion offer by Malaysia’s state-owned oil company, Petronas, for Canada’s Progress Energy Resources. Petronas still hopes that deal will eventually be approved.

“This is a pivotal time for

Quoted

“This is a pivotal time for the Canadian government.”

Jim Prentice, former Conservative cabinet minister, in a speech to the Oil and Money 2012 conference

the Canadian government,” Prentice told his audience while adding that Canada “must and will remain open for business and that means open to foreign investment.”

Prentice said it would be “patently unwise” to turn down investment from countries like China, “particularly in circumstances where the transactions do not imperil Canadian values or environmental and labour laws,” he said. **THE CANADIAN PRESS**



Canadians’ summer spending spree

Did the warm weather loosen our collective purse strings? According to a report released Wednesday, Canadian debt loads grew at their fastest pace in two years during the summer — an alarming rate, given that officials continue to warn consumers that household spending is out of control. Credit-reporting agency TransUnion’s latest quarterly analysis of Canadian credit trends found average consumer non-mortgage debt jumped 4.6 per cent year-over-year in the third quarter to an average of \$26,768. **GETTY IMAGES FILE**

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A PENCHANT FOR CATS



HE SAYS...
John Mazerolle
metronews.ca

I have a deep, dark secret to reveal, as difficult to cough up as a hairball: I like house cats.

In this world of chronic cat snugglers and billionaire Instagram founders, that might

not seem like a source of shame. But embracing kitties goes against all my instincts; it's as off-putting to me as stroking a tabby in the wrong direction.

I've always said I hate cats. Even my Twitter bio says so, and if you can't trust Twitter (the microblog of record) what can you trust?

But as I age my kitty-rage is abating, purr by purr.

My frosty feelings toward felines have been perfectly valid, of course. It's well documented that cats care more about themselves than us, and I haven't dealt well with that constant level of rejection.

If there was a Lassie/Littlest Hobo-type show called The Wandering Cat, he'd just come across a person trapped in a burning car or a kid stuck down a well every week, then chuckle to himself and move on.

Like most humans, I require more validation than cats can offer. If you ever needed an argument against the religious belief that everything on Earth is here for the benefit of man, look no further than Mr. Cat. We've clearly been put here for him. God is a cat.

And an Old Testament God at that: Make no mistake, kitties are killers. Everything they do — the constant cleaning, the claw maintenance, the yarn-based paw-eye-co-ordination training — is done to make them the most efficient instrument of slaughter possible. I can only assume their instinct to lie on keyboards comes from a long history of sending bird and mice families letters of condolence.

And, fair or not, I've always compared felines to dogs, whose whole purpose on Earth is to, a), make clear how incredibly excited they are to know you and, b), lick their nether regions with vigour. This probably also had hunting purposes once, but now it's pretty clear the dogs just enjoy crotch cleaning. I can get behind this.

I never gave cats a fair shake, because animal-rights groups say you shouldn't do that. But decades of nuzzles and leg rubs and purrs have reached me, I guess.

I still don't like aggressive cats — Siamese are clearly Satan-Cats — but I don't judge dogs based on pit bulls or humans based on the guy in the bank line picking his nose, so fair's fair.

There was never a Special Moment that put cats in my good books. It just happened, after years of surreptitious scratches behind the ear. It had always irked me that cats want to be in control, but I've decided to let them if it works out in the end.

I've learned to be the bigger pussy. It's what The Wandering Cat has taught me.



Like it or not, the kitty cat is king. Be wary of razor-sharp claws and superlative night vision. JUSTIN SULLIVAN/GETTY IMAGES

Black eye in the night sky



TOURISM QUEENSLAND/THE ASSOCIATED PRESS

Watch the skies

Lights out in Australia

Australia's first total solar eclipse in more than a decade was visible Wednesday. The spectacular event was watched by enthusiastic crowds, with more than 50,000 flocking to Queensland, the site of the best views.

The eclipse cast a 150-kilometre shadow over northern Australia, spreading darkness over the region, lasting over two minutes. **METRO**

No. 1 eclipse fan



"I was thinking, 'Are we gonna see this?' And

we just had a fantastic display, it was just beautiful."

Terry Cuttle of the Astronomical Association of Queensland
Cuttle is the most prominent local eclipse enthusiast. He has witnessed more than 10 of these events.

One more left

This was the third of four eclipses in 2012, down from six in 2011.

- **May 20 – Annular solar eclipse.** The moon partly covered the sun for more than three hours on a path visible from China, Japan and parts of North America.
- **June 4 – Partial lunar eclipse.** Moon partly hidden and turned red by reflected sunlight. The best views were in

Western Canada.

- **Nov. 14 – Total solar eclipse.** Travelled back to Nov. 13 as it finished close to the coast of South America. Lasted up to four minutes.
- **Nov. 28 – Penumbral lunar eclipse.** The last eclipse will see the moon partly hidden by shadow and tinged red. Australia, East Asia and Hawaii will have the best viewing positions.



Twitter

@somelaughter:

To the lady on the train who was digging through her purse then took her hand out to smell it... Ew. That is all. #yyctransit

@Naaania:

Sans jacket today. Lovin it. #chinook-belt #yyc

@HeySeto:

Yay, got the cheery Ctrain driver this morning #yyc #yyctransit

@enms:

Funny how the temps that had us bundling up a few weeks ago are now the temps at which we are happy to skip the winter jacket. Ah, #yyc!

@MattClouds:

I love second gear all the way down Deerfoot. #yyctrain #yyc

@ItsNameeMania:

#yyc I'm digging the weather. Hope it stay like this for a min. #winter go away.



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Thursday, November 15, 2012

SCENE

23

Soundasaurus a showcase for challenging artistic work

Daring. Curator Tammy McGrath says she wasn't expecting toddlers to show up to see experimental creations



BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

Experimental music, soundscapes, visual arts and performance will collide this weekend as the Soundasaurus Festival of Multimedia Sound Arts takes over the Epcor Centre downtown.

Now in its fourth year, Soundasaurus features some of Calgary's most daring composers and multi-disciplinary artists, as well as groups and collectives from Baltimore, Edmonton, Vancouver and Montreal.

Originally started as a component of the annual One Yellow Rabbit High Performance Rodeo, Soundasaurus set out alone for the first time last year.

"We were sort of a festival-within-a-festival, but it grew a lot faster than we thought it would," says co-founder and curator, Tammy McGrath.

"We thought the best way to serve the artists was to make it completely autonomous."

McGrath says although the city has a long history of highly creative soundscape and experimental music artists, building an audience for their work has often been challenging. She explains that presenting the work in a festival format makes it more accessible to



Soundasaurus runs until Saturday at the Epcor Centre for the Performing Arts. HANDOUT

the general public.

"What did surprise me and my co-workers with the festival was we weren't expecting the variety of people," McGrath says of previous Soundasaurus festivals.

"There were toddlers to the young at heart in the audiences. We weren't anticipating that at all."

Encouraged by the range of patrons, Soundasaurus organizers have programmed artists and installations that have even wider appeal.

These include free installations by U.K. duo Signal

to Noise, which has turned part of the Epcor Centre building into an instrument.

"They're running magnetic tape along the architecture and you wear these special gloves that interface with the tape," she says. "So you can actually play the architecture."

With Sonic Spaces, Edmonton artist Shawn Pinchbeck's created an installation that 'transforms people's movements in a public space into a dynamic, interactive, multi-channel soundscape.'

"You can actually walk

Details

- Soundasaurus runs until Saturday at the Epcor Centre for the Performing Arts.

- Tickets are \$15 per night and \$39 for a festival pass, and can be purchased by calling the Epcor Centre box office at 403-294-9494 or online through Epcor-

centre.org

- There are 17 different groups and performers, including Baltimore duo Matmos, who worked with Icelandic legend Bjork on her 2001 album, *Vespertine* and her 2004 release, *Medulla*.

or dance through the space and create sound," says McGrath.

"It's fun and it gives people a taste of what sound art can be outside of performance."

2 SCENE

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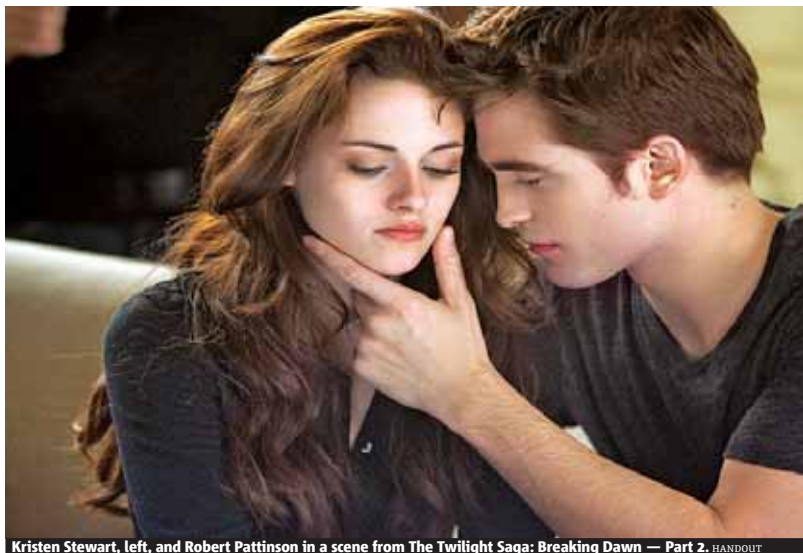
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SCENE

metronews.ca
Thursday, November 15, 2012



Kristen Stewart, left, and Robert Pattinson in a scene from *The Twilight Saga: Breaking Dawn — Part 2*. HANDOUT

Dealing with the big pressure of young fame

Twilight. With the release of the final film, the stars look back on how the personal costs of fame have affected them

Kristen Stewart and Robert Pattinson sit side by side on a sofa at the Four Seasons hotel, discussing the end of the five-film project that made them famous and brought them together.

Twilight rocketed both to superstardom, and their real-life romance only propelled them further. With Friday's release of the final film in the franchise, *The Twilight Saga: Breaking Dawn — Part 2*, the young actors bid farewell to the worldwide fantasy sensation, but not to the tabloid attention they garner wherever they go.

Dedicated Twi-Hards were devastated when Stewart admitted in July to cheating on Pattinson in a "momentary indiscretion" with her married Snow White and the Huntsman director, Bella and Edward, er, Stewart and Pattinson briefly split, which not only threatened to jeopardize marketing for the final Twilight film, but unraveled the real-life element of the vampire love story.

Now reunited, the pair finish each other's sentences during a recent interview as they talk about how much their lives have changed since the first Twilight movie was released in 2008.

"After the first one, I mean, it's a different world you're living in," says Pattinson, 26.



Taylor Lautner, left, Kristen Stewart, Stephenie Meyer, and Robert Pattinson get to go back to a normal life. MATT SAYLES/THE ASSOCIATED PRESS

Quoted

"Your world gets smaller. There's a massive contraction."

Robert Pattinson
Talking about the price of fame.

"Also, we're at that stage of life when things are shifting anyway," adds Stewart, 22, who was just 17 when she first played Bella Swan.

Global fame makes growing up challenging, they say, acknowledging they've become more insular.

"It's a really weird thing because you kind of have to hide," Pattinson says, "and hiding really destroys the thing which, for one thing..."

Stewart interjects: "That fuels you as an actor."

"Yeah. It destroys your fuel," he continues, "and also it destroys — you get to the point where you start to lose interest in things because you spend so much time..."

"Guarding," Stewart says.

"Yeah, and that's your

world," Pattinson says. "Your world gets smaller. There's a massive contraction. And the weirdest thing is the more you contract it, the more the (public) interest goes up. It's so crazy. There's no way around it. You're either on a 24-7 reality-TV show, or people think you should be."

"No, it's hilarious," Stewart says, not looking like she finds it very funny. "Either way, people are like, 'Ugh. Famewhores.'"

But she has wanted every Twilight film to be successful and knows it's not popular to complain about the personal costs of fame.

Director Bill Condon, who began working with Stewart, Pattinson and Taylor Lautner in 2010, says the young megastars understand the pressures of the spotlight.

"They appreciated the good stuff about it, they were able to kind of glide through the stuff that wasn't so good, and, really, they're three very grounded human beings who really just, I have to say, matured into better versions of themselves," Condon said.

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TwiHards, test your vampire knowledge

MICHELLE CASTILLO
Metro World News in New York

- 1. For their honeymoon in The Twilight Saga: Breaking Dawn: Part 1, Edward takes Bella to Isle Esme. What is the real name of the closest Brazilian town where the scenes were filmed?**
A) Ilhabela, Ilha de Sao Sebastiao in the Brazilian state of Sao Paulo
B) Paraty, Costa Verde in the Brazilian state of Rio de Janeiro
C) Breves in the Brazilian state of Para
D) Sao Jose de Ribamar, Sao Luis Island in the Brazilian state of Maranhao
- 2. Carolina Herrera designed Bella's wedding dress for the movie. How many buttons are on the back of the dress from the top to the hemline?**
A) 107
B) 235
C) 730
D) 152

- 3. Who was Stephenie Meyer's first choice to play Edward Cullen?**
A) Henry Cavill
B) Ryan Gosling
C) Chase Crawford
D) Zac Efron
- 4. What is the name of the beer that Charlie drinks in Twilight?**
A) Rainier Beer
B) Pike Beer
C) Pyramid Ale
D) Red Hook Pilsner

- 5. What are the main differences between the Cullen family crest in the film and the Cullen Coat of Arms in real life?**
A) There's a lion and no sheaf of wheat on the movie crest.
B) There's a lion and no sword on the movie crest.
C) There's a lion and a lamb on the movie crest.
D) There's a lion and a fleur de lis on the movie crest.

Answers

1. B

2. D

3. A

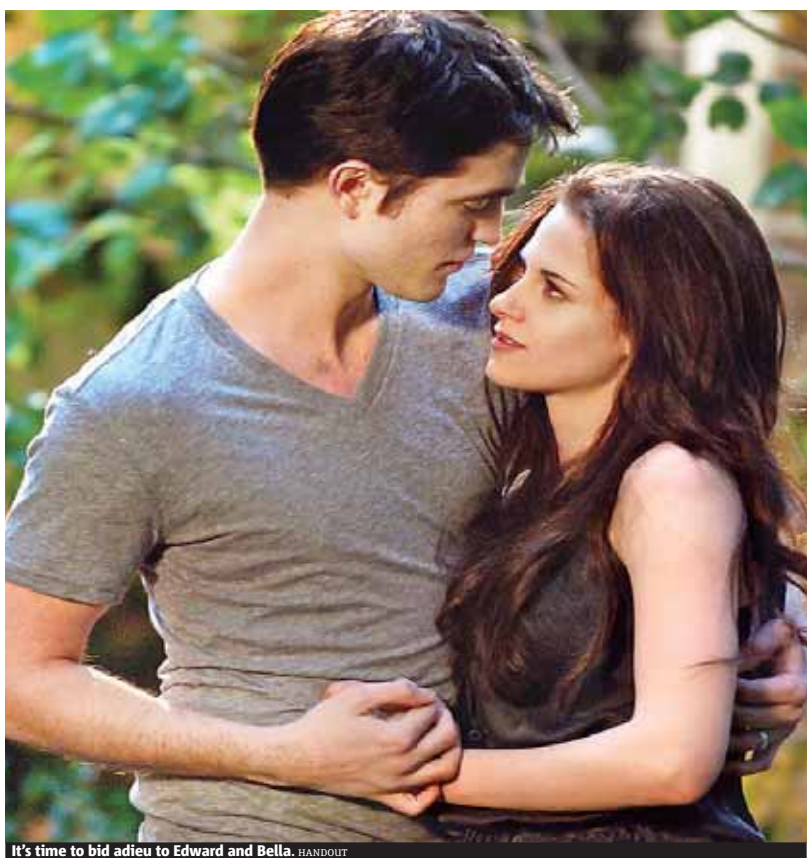
4. A

5. A

to join the family anytime soon.

- 3-4 right. It's time to get out of the movie theatre and into the great outdoors. You're starting to sparkle in the sun.
- 5 right. Scarier than the Volturi, you are.

- 0 right. You call yourself a fan?
- 1-2 right. You might have intimate vampire knowledge, but don't expect



It's time to bid adieu to Edward and Bella. HANDOUT

COMING SOON TO A HAND NEAR YOU.

metro

26

SCENE

metronews.ca
Thursday, November 15, 2012

Hey Jude, it's not so bad — take repression — and make it better

Anna Karenina. Jude Law talks about being cuckolded and playing a man who's never been in touch with his feelings



**NED
EHRBAR**
Metro World News in Hollywood

In Joe Wright's imaginative take on *Anna Karenina*, Jude Law turns in a career-best performance as Alexei Karenin, the cuckolded husband of Tolstoy's titular heroine (played by Kiera Knightley). In our exclusive video, Law talks to Metro World News about playing repressed — and how his character is definitely not a wife-beater.

I wanted to first of all talk about how you take on

a character who's so... I wouldn't say "repressed," but... No, repressed is right (laughs).

You're keeping every emotion inside. Is that frustrating to play?

No, because the frustration when you're playing a part is not feeling that you're getting the right support or information from the director, and Joe [Wright] was really clear, and we talked endlessly in preparation about his repression and his severity and also his almost introspection. He's a man who thought his way through life and didn't feel. Like, he had to thaw his heart in order to understand what it was going through once this affair began and dragged him into the world of feeling, you know? There were strict rules, if you like, that I applied to myself. And when you're given such a bold and visual universe



Anna Karenina opens in theatres November 30. HANDOUT

to play in, such as the one that Joe created for us, that can sometimes be very straightforward. You apply them, you stick to them and you hope that people find something whole and real in it.

Can you give me some examples of those rules?
I liked the idea that he followed only straight lines. Everything stayed together. I tried to almost minimize use of facial expressions. I didn't want him to raise his voice.

So there were scenes of huge emotion and anger, but I think if you listen he never raises his voice once. And there's a stillness to him — apart from the knuckle-cracking, which is his sort of one expression of irritation and frustration.

Exclusively online

- Watch. Metro's Ned Ehrbar chat with Jude Law at metronews.ca/scene



That became terrifying by the end of the movie.

Did it? Someone said to me, yeah, yesterday they thought that when I cracked my knuckles I was going to hit her. I was like, this guy is barely alive. He's not about to hit his wife.

Were you actually cracking your knuckles, or was that all foley?

I was initially. Take four, they weren't making much noise, so a lot of it is foley.

Well, you have to let them build back up again.
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Blond gets a bang out of starring on hit nerd show

Funny, not a dummy. Kaley Cuoco discusses her early life and career, her hit show and why she will always be a comedy gal at heart

"I know this sounds like it's not true," says Kaley Cuoco, "but as huge as the show is, it's just part of my life."

The *Big Bang Theory* is huge all right. Now in its sixth season (airing Thursdays on CBS at 8 p.m. EST), it reigns as TV's hottest sitcom.

As virtually every viewer knows by now, *Big Bang* centres on a gaggle of geeky Cal Tech scientists, chief among them Sheldon (Jim Parsons) and Leonard (Johnny Galecki), apartment mates who, by great good sitcom fortune, live across the hall from Penny, played by Cuoco. Penny aspires to be an actress but pays the rent by waiting tables at a Cheesecake Factory.

Unlike the boys, Penny is no genius. But neither is she a dumb blonde, which is key to the genius of *Big Bang*.

"She's obviously not book-smart," says Cuoco, "but she's street smart and good-hearted and can make fun of herself.

The producers never made her ditzy. Maybe she doesn't always get what the guys are talking about. But in that way she represents most of the world."

It was pretty smart to make Penny the "normal" character through whom the audience can enter the abstruse, brainy realm the guys occupy. At the same time, sexy Penny presides as a universal object of desire. Cuoco is totally up to the task of playing such a gal. During a recent mid-afternoon interview, she is hearty, self-possessed, comfortably glam — and funny.

Big Bang co-creator Chuck Lorre, who snagged Cuoco for the show, agrees. "Kaley was born to the form.... There's an instinctive thing with comedy that some people have — an elegance and gracefulness, where no effort is apparent."

But there's effort for Cuoco, and on the job it pushes her to question everything.

"How could it not?" she says. "I wonder, 'Why did I do that line that way?' And I also constantly think I'm fat and hate my teeth. But I've gotten better over the years." She smiles, revealing nothing remotely wrong with those teeth. "It's going to be fine."

THE ASSOCIATED PRESS



Kaley Cuoco says she was never one to take herself too seriously, a trait that has proved very useful in her role as Penny on *Big Bang Theory*. THE ASSOCIATED PRESS

Working with John Ritter

Salad days

Kaley Cuoco landed a role in a 1992 TV film starring Donald Sutherland. She played Maureen McCormick in the 2000 TV film *Growing Up Brady*. Along the way, she landed jobs in lots of episodic shows.

But by 2002, she was feeling discouraged. She hadn't worked in a year. Then her agent phoned about a project called *8 Simple Rules for Dating My Teenage Daughter*. Reluctantly, she auditioned for the part of the older daughter in a household whose loving but bewildered dad would be played by John Ritter.

Though it turned into a hit for ABC its first season, *8 Simple Rules* is remembered mainly as the final project of the beloved Ritter, who died abruptly early in its second year. The show pushed on through a third season, but it never overcame Ritter's tragic absence. "I just adored him," she says, unleashing a stream of memories of how much she learned from him.

"He'd put a potato chip on his shoulder and go, 'Do I have a chip on my shoulder?' And we would just crack up! Working with him showed me that I loved sitcoms," she goes on. "I love silliness. That's who I am at heart, and I know I can do it. If my career path takes me elsewhere, that's great. But comedy is my forte."

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Flurry of anniversary activity for Stones

New products. The Rolling Stones won't rule anything out as they kick off a number of releases surrounding key date

The official line is "we'll see." But the Rolling Stones seem in such fighting trim, clear-eyed and focused, that it's hard to believe there's not more cooking beyond the current flurry of activity surrounding the band's 50th anniversary.

The archetypal rock 'n' roll band is booked for five concerts in London and the New York area over the next month, the last one a Pay Per View event. The Stones on Tuesday released yet another hits compilation with two new songs and HBO is premiering a documentary on their formative years, *Crossfire Hurricane*, on Thursday.

"Without saying yes or nay," Keith Richards said in an interview this week, "once this starts rolling, I can't see it stopping. The band feels good about themselves, they still feel they've got something



The Stones won't rule anything out as they keep on rolling. HANDOUT

to offer. Obviously there are a lot of people out there who agree. We'll go along with it."

Fifty years is hard to fathom ("It's impossible," Keith cackles. "I'm only 38.")

The Rolling Stones have been through death, defections and additions, through classic discs like *Exile* on Main Street and *Some Girls* and forgettable ones, and

are still operating with Richards, Mick Jagger and Charlie Watts. Ron Wood, the new guy, joined in 1975.

"I thought it would be kind of churlish not to do something," Jagger said. "Otherwise, the BBC would have done a rather dull film about the Rolling Stones."

Fifty days was a better yardstick when Watts first set

up his drum kit.

"It was quite normal for a band to last a month," he said.

The Stones formed in London in 1962 to play Chicago blues, led at the time by the late Brian Jones and pianist Ian Stewart, with boyhood friends Jagger and Richards. Bassist Bill Wyman and Watts were quick additions.

Quote

"Anybody who thinks that doesn't know the band."

Keith Richards

Talking about the Rolling Stones dark sense of humour

Anniversaries usually aren't big on the band's agenda, but Richards said the Rolling Stones felt external pressure to mark this one.

"This band is famous for not obeying the rules and bowing to pressure or anything," Richards said. "But over the course of the year we felt more and more aware that there are folks out there counting on us. You can't let them down. At the same time, you realize that the folks are right. Playing together over the last five months you realize that there's this thing out of your life that's been missing."

They spent several weeks in Paris rehearsing five hours a day for their concerts, including two dress rehearsals before audiences in a club and theatre. To mark the occasion, the band has dug back into its catalogue for songs like *I Wanna Be Your Man* and

The Last Time, although Richards held the line at resurrecting their first single, the Chuck Berry cover *Come On*.

Jagger didn't want the band to take on too much, "but I thought it was important to do some sort of a show, even if it was just a club gig."

The band's periodic sabbaticals sometimes stretch so long that Rolling Stones fans can't help but wonder whether it's all over now. The most recent time out lasted five years. If anyone threatened to make it permanent it was Richards, always the most protective and romantic about the band, because of his bestselling autobiography that took some shots at his songwriting partner Jagger. Richards dismissed the idea that it created a barrier.

"Anybody who thinks that doesn't know the band," he said. "This band's sense of humour is basically built upon insulting each other. I'm not saying there wasn't an issue here and there, but it's really water off a duck's back... You cannot offend a really good friend. I happened to put it in print and everybody else was saying, 'Oh, my God.' I thought it was fairly mild."

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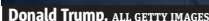
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Brad Pitt and Angelina Jolie



Left to right: A wine-soaked pout from Chanel's new holiday campaign, Rihanna's must-copy dramatic lip at Victoria's Secret and burgundy looks nailed by Naomi Harris and Sara Blomqvist.



Burgundy boom

Beauty. Shades of Merlot and oxblood are a runway-endorsed beauty trend. But it was Rihanna's recent performance at the Victoria's Secret show that has us really craving a dark lip.

ROMINA
MCGUINNESS
life@metronews.ca

Choose the shade to best flatter your skin tone

This bit of advice will keep you from looking like a washed out Goth. "If you have very light

skin, avoid a dark burgundy. It's too heavy on the face," says makeup guru Tanya Burr, who is most known for her YouTube tutorials on how to re-create celebrity looks.

"People with olive complexions can pull off darker shades because it won't be such a shock against the skin. And for dark skin, vibrant shades of burgundy, such as MAC's lipstick in Rebel, are most flattering," she adds.

Avoid textures that are too matte or too glossy

It's not just the shade of burgundy you need to get right, but the texture. "Completely matte, dark lipsticks look too heavy," Burr says. "And ones that are too glossy are really hard to work with because they

end up all over your teeth." Go for a satin, creamy finish for the best results.

Balance a heavy lip with a subtle, smoky eye

Balance is the operative word here. "Because burgundy lips are so heavy, you don't want to go full-on, applying lots of dark eye makeup," Burr says. "On the other hand, I wouldn't wear a naked eye either because otherwise the eyes and the lips will be really unbalanced. Don't think, 'I'll just put on mascara.' You'll have no definition on the eyes and be all lip," she adds. Instead, she recommends trying a subtle, soft brown smoky eye as a way to round out the drama of the lip.

Shades of red

Chanel Rouge Allure Luminous Intense Lip Colour in 108 Déterminée \$34, chanel.com	Revlon Super Lustrous Lipstick in Black Cherry, \$8, revlon.com	MAC Lipstick in Rebel, \$15, maccosmetics.com

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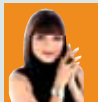
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The Kit

Canadian street style

Spotted in: Ottawa

Megan
Stylist at Holt Renfrew
Age: 20

What she's wearing

Gap top, BCBG skirt, Tory Burch purse, Cole Haan shoes.

Her inspiration

"You know what? I'm a fan of a classic silhouette. My style is pretty, yet classic."

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Need a chandelier? Here are the rules

I would like to hang a chandelier in my 13-by-16-foot dining room. I have 12-foot ceilings and am wondering what style would be best and how high to hang it.
-Emily, Calgary



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A chandelier should look like it belongs to the style of your house, not just like it blends with a trendy decor scheme.

Style?

Consider the architectural style of your home — is it modern or traditional? For instance, a boxy modern condo or an arts and crafts style home would have a streamlined chandelier, whereas a cottage-inspired or Victorian home would have a traditional-style fixture.

I like to think of the chandelier in the same category as the style of door knobs and hardware that

are chosen for the house. If you were to move, those items would be left with the house.

How high?

The height your chandelier is hung relates to the table it is hung over, not the height of the ceiling.

The bottom of the chandelier should be hung 30-40 inches from the top of the table; hang it 30 inches if you have regular eight foot ceilings and up to 40 inches above the table if you have extra high ceilings. For 12 foot ceilings (as in your home) the bottom of the chandelier should be about 36-38 inches above the table.

Size?

For rooms with really high ceilings, consider buying a tall-shaped chandelier to help fill up some of the extra height.

In a low-ceiling area, choose a horizontal shape to suit the low space. The diameter of the chandelier should relate to the size of the room — for each foot of the room's width, the chandelier gets two inches of

Designer ideas

- Adding a decorative moulding medallion to the ceiling will add some visual interest up high. Paint the medallion a similar colour to the chandelier's chain (usually gold, silver or bronze).
- A dimmer switch will allow you to create an intimate setting when dining.
- Choose energy-efficient chandelier bulbs to save moving the table to change the bulbs each year.
- The finish of your chandelier should match the other hardware items like door handles, hinges and light switches in the room.

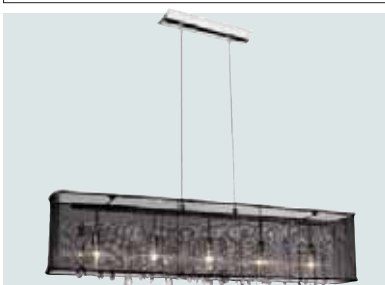
diameter. For instance, your dining room is 13 feet wide, therefore a 26 inch diameter (13-by-two feet) would be perfect.



Choose a chandelier that suits the architectural style of your home. 1920's Odeon Glass Fringe Chandelier, \$3,000, restorationhardware.com.



A tall-shaped chandelier will help fill up a dining space that has tall ceilings. Winston Chandelier, \$430, crateandbarrel.com.



A long and low chandelier suits a dining space with lower ceilings. Crystal Pendant with Organza Shade, \$800, sears.ca.



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GMOs: The history behind genetically modified foods

What is GMO?

-Cory of Thunder Bay, Ont.



QUEEN OF GREEN
Tovah Paglaro
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GMOs — or genetically modified organisms — are plants or animals modified through the gene-splicing techniques of biotechnology. In conversation, GMOs and GE foods refer to the same thing. They are foods created by merging DNA from different species.

The first commercially available GMO crop (the Flavr Savr tomato) was approved by the U.S. Food and Drug Administration in 1994.

Since then, GE varieties of corn, soya, sugar beets and canola have become common in Canada. In addition to locally produced crops, GE varieties of cottonseed oil, papaya, squash and milk products are imported from the U.S. into Canada.

In a mere 20 years, GMO ingredients have made their way into most of the processed foods available on Canadian grocery shelves. Apples, pota-



In Canada, we do not require GMO labelling. ISTOCK IMAGES

toes and wheat are all in the lineup for approval.

When first introduced, GMO crops were touted as the answer to world hunger. The argument was that by developing pesticide-and-herbicide-resistant crops, farmers would be able to increase their yields and decrease their costs.

This has not proven to be the case. Instead, bugs and weeds have become increasingly resistant to the widespread applications of these chem-

icals, leading to increased use of both. More spraying means more costs for farmers, more damage to the environment and more health concerns.

On the flip side, it means more product purchased from the seed producer. The companies that develop and patent GMO seeds are the same companies that develop and patent pesticides and herbicides to which the unique seeds are resistant.

Monsanto is the largest seed

company in the world and owns about 86 per cent of GMO seeds sown globally. It is also the company that produces the herbicide Roundup.

The safety of GMO foods is unproven and a growing body of research connects these foods with health concerns and environmental damage.

For this reason, most developed nations have policies requiring mandatory labelling of GMO foods at the very least, and some have issued bans on GMO food production and imports.

In Canada, we do not require GMO labelling. Canadians are often unaware that the foods they choose contain GMO ingredients. This right to choice is behind the growing movement to have GMO foods labelled. While environmental and food advocates lobby for labelling, other groups, like the Non-GMO Project, have created voluntary non-GMO certification to promote better consumer information.

Have questions for the Queen of Green? Write to tpaglaro@davidssuzuki.org or tweet @DavidSuzukiQoG

Cleaning

Fireplace a little dirty? Call a pro

Is cleaning my fireplace something I can do on my own or do I need a professional?



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You absolutely need a professional.

A professional chimney cleaner not only cleans the fireplace, but also, more importantly, inspects the

mortar between the bricks, ensures that the flue is working properly and checks that the exhaust is clear of any debris and animals. The professional will also ensure the chimney cap is in good order and that the fireplace draw is sufficient for a safe fire.

These are important things to check and should not be thought of as a waste of money. Chimney fires are caused by creosote on the inner surfaces of the chimney. The entire house can burn down if this is not maintained properly.

Enjoy your fireplace, but remember to maintain it and be safe.



Cleaning your fireplace is no DIY project. ISTOCK IMAGES

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Make the most of storage space for seasonal items

Tips. Many homes lack space needed to store everything right where we use it

It's that time of year again, when we pull out the blankets and sweaters and stash the last of the warm-weather items until spring arrives.

If the serving dishes you use only at the holidays are stacked way up at the top of your pantry, "you may find yourself running out and buying something you've already got, because you can't remember what you have or you can't get to it," says Atlanta-based interior designer Malory Mathison.

Many of her clients struggle with insufficient closet space for storing items that are only used for a few months each year.

Here, Mathison and interior designers Brian Patrick Flynn and Molly Luetkemeyer offer advice on creatively storing off-season items in ways that maximize every inch of space and make it easy to retrieve what you need.

Find double-duty furniture

All three designers love furniture that offers hidden storage. A bench with storage space inside is perfect for boots, and bins containing scarves, gloves and hats.

Or add a large coffee table/ottoman combination to your living room: "They're an easy way to sneak a bit more seasonal storage into a room, without having to add extra closet space or add pricey, big-ticket furniture pieces," says Flynn, founder of the design website decorademon.com. "You can find a ton of storage-ottoman-coffee tables on websites like overstock.com or hayneedle.com."

For families with pets, Flynn suggests creating a sleeping space for a small dog or cat that doubles as seasonal storage. "To do this, I take a flea-market dresser, usually a highboy with four to six drawers, then remove the bottom two for use as an open lounge space for pets, complete with a removable cushion," he says. Use the remaining drawers above for seasonal items like off-season clothing.

Maximize under-bed spaces

Many people use the space under their master bed for seasonal storage. Luetkemeyer suggests doing the same with every bed in the house.

Tuck clear plastic bins under children's beds (and a guest bed, if you have one), labeling each



A seasonal storage space and a sleeping space for pets created out of a piece of furniture by designer Brian Patrick Flynn. Flynn takes a used dresser from a flea market — often a highboy with four or six drawers — then removes the bottom two drawers to create an open lounge space for pets complete with a removable cushion and then uses the drawers for storing seasonal items. THE ASSOCIATED PRESS

one clearly.

You can rotate items in and out of these bins during the year — one holding swimsuits all winter might hold sweaters in summer. If you know that all under-bed space is designated for seasonal items, it will be easier to track down the once-a-year items you're seeking.

Try creative carpentry

Mathison suggests having built-in cabinets added along the walls on both sides of your bed.

Creating this architectural niche for your bed "is totally cozy, and it also creates great concealed and/or open storage," she says.

Another built-in option: If your kitchen cabinets don't go all the way to the ceiling, add extra closed storage on top for seasonal serving dishes and table linens. Or have a row of very shallow shelves (no more than three or four inches deep) added to one wall of your kitchen or pantry. You can prop up dishware or serving pieces you rarely use, creatively storing them while adding some beauty to your walls.

Also, search your home for bits of square-footage that aren't being used, such as a crawl space under a staircase. Hire a handyman to add a small door and turn that empty space into a cabinet.

Consider changing your kitchen seating: Swap out chairs for built-in benches with hidden storage, then hide rarely-used items there.

Get hooked

"Seasonal things that inspire you should be left out as much

as possible," Flynn says. "I use a ton of wall hooks in my spaces, mostly to be able to hang up favourite pieces of clothing which add decorative flair to a room."

In a bedroom, a cluster of favourite flannel shirts can look great on decorative hooks, and the same goes for winter jackets. In summer, hang your favourite T-shirts or swimsuits on those same hooks while the winter items are put away.

This works well in kids' rooms and nurseries, helping ensure that kids wear their cutest pieces before the season ends and they grow out of them.

Use closets well

Maximize closet space by adding shelves up high if there aren't any, then keep a small step-ladder in the closet for accessing high items, Luetkemeyer says. Add inexpensive, battery-powered lights to dim closets, and increase shelf space by adding a row of canvas hanging shelves.

In a guest room closet, if you have one, Mathison suggests using two rows of hanging canvas shelves — one filled with items your guest may need, such as extra towels and soap, and the other left empty so your guest can put out some of the clothes they brought. Then use the rest of the closet for your seasonal things.

It will be clear to the guest what space is theirs and what isn't.

If winter items are hung in a closet, Flynn opts for "thick wooden hangers or sculptural modern aluminum hangers to keep the structural integrity of coats or heavy pants."

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From tights to scarves: Tie-dye DIY



A DIY dye job on two pairs of tights. AMANDA BRUNS/THE ASSOCIATED PRESS/BUST

Crafts. Away from the explosion of primary colours as seen on camp T-shirts and into more elegant realm

Crafts don't have to be complicated. With the holiday season ahead, an easy, enjoyable craft can cover many gifting bases. What could be more fun than

experimenting with a simple tie-dye?

A few do-it-yourself sources have taken tie-dye up a notch. One such project — tie-dyeing tights — appears in *The Bust DIY Guide to Life* (STC Craft, 2011), edited by Laurie Henzel and Debbie Stoller. And the idea transcends tights. Besides making gifts, it works for “anything that you have that either you didn't like the original colour or you think needs spru-

cing up,” says Callie Watts of *Bust* magazine, which aims its pop-culture content at young women.

In the book, a pair of white tights is folded accordion-style from toe to top and secured with rubber bands. It's boiled in a pot of black fabric dye, such as Rit, for about 15 minutes, stirred constantly, then removed and rinsed. The bands are removed and the tights laid flat to dry. Another option adds a second colour.

A DIYer can get a lot of variety out of this project without much work, says Watts. From socks to shirts, she recommends experimenting with folding or bunching the fabric before it hits the dye bath. Another option: Dip an item partially into the dye bath, allowing the colour to bleed upward into the fabric.

“It'll fade dark to light,” Watts says.

Any fabric that can soak up dye colour will do, but Watts says knits will “come out as a blurry splotch. You're not going to have the same distinctiveness.”

A similar craft, using white scarves, appears in the October pages of *Martha Stewart Living* magazine. Inspired by “shibori,” an intricate Japanese technique in which textiles are folded, twisted or bound with thread before dyeing, this craft requires little besides a plastic, shoebox-size bin and a bottle of fabric dye.

“We saw it taking off in the blog world,” says Blake Ramsey, a holiday and crafts editor at *Martha Stewart Living*. “It's so accessible to people and with such satisfying results.”

Change the simple accordion fold — this craft's defin-

ing step — to vary a scarf's outcome. Fold the fabric wide for large stripes or narrower for thinner stripes. Try a silk or rayon scarf, or use cotton for different dyeing effects.

“I have great respect for the people who do (shibori),” says Ramsey. “For me, honestly, I'd prefer to whip out 10 scarves and enjoy looking at the results I get, the happy accidents, and learning from my experimenting.”

This is a great craft for people who don't want to spend a lot of time or money. “If you think you've messed up, it's \$4 down the drain and you learn from your mistake and start over,” says Ramsey. “I think that's the beauty of dyeing. You can always dye over it again.”

As with the earlier craft, this one can be adapted for nearly any fabric or clothing. The magazine used inexpensive, white scarves because they're easy to fold. (Ramsey bought her samples for a few dollars apiece online at Dharma Trading Co.)

“I'd encourage people if they feel comfortable with it to try other things,” Ramsey says.

Cotton gives the dye job a more graphic appearance, while silk and rayon absorb dye in a softer manner. Incorporate a second colour by allowing the fabric to dry completely between dip-dyeing. It could take several days. For a second dyeing, fold the fabric differently, such as diagonally, to further enhance the results.

Don't limit yourself to white fabric and clothing either. Ramsey says a blue chambray scarf she dyed in blue turned out beautifully.

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Assembly

Step 1

Accordion-fold scarf. Press with the iron, secure with clothespins. (If scarf is wider than bins, fold in half widthwise after folding.)

Step 2

Mix dye in a bin according to manufacturer's instructions. Dip scarf's folded edge in dye (the resulting stripe will be twice as wide as the dip).

Step 3

Dip scarf's folded edge in another bin filled with cold water to rinse.

Step 4

Mix fixative in another bin according to manufacturer's instructions. Dip folded edge in fixative to set.

Step 5

Clip accordion-folded scarf to a clothesline or pants hanger. Place newspaper or a drop cloth underneath scarf to protect surfaces. Let hang to dry, about one day.



Materials

- Scarf
- Iron
- Clothespins
- 3 plastic bins (the size of shoeboxes)
- Liquid dye, such as Rit
- Dye fixative

Upgrade your panini sandwich with unique Roasted Beet Bread

Night Before

1. In a large bowl, combine these ingredients and mix with a wooden spoon. Cover with plastic wrap and let sit on the counter for 12 to 16 hours.

Day Of

1. To "night before" mixture, add pureed beets and any juice, whole-wheat flour and instant yeast. Mix with a wooden spoon till smooth. Let sit, uncovered, for 10 minutes. Add thyme and salt, mix until smooth.

2. Start to add bread flour. Once it becomes too hard to mix in the bowl, turn dough onto a flat surface and knead for 10 minutes. This will be a sticky dough, so be careful not to add too much flour. Add just enough to prevent dough from really sticking to your fingers when kneading.

3. Add a little olive oil to a clean large bowl. Place dough in bowl and turn over a few times to very lightly coat all sides of the dough with oil. Cover with plastic wrap. Let dough rise for 1 1/2 hours or till double in bulk. Turn onto a flat surface. Cut dough in half and mould each half into desired shape.

4. Place shaped dough on a piece of parchment paper sprinkled with cornmeal. Spray tops with a little oil spray and cover with plastic wrap for 1 hour or till double in bulk.

5. Heat oven to 200 C (400 F) and place baking stone on centre rack. Place a cast-iron skillet (filled with lava rocks if you have them) on oven floor or on lowest rack. When loaves have doubled, sprinkle with a little whole-wheat flour and slash an X on top of each.

6. Place in hot oven directly on baking stone. Pour about 250 ml (1 cup) boiling water into hot skillet and close oven door.

7. Bake for 30 to 35 minutes or until loaves sound hollow when tapped on bottom. (Or stick a meat thermometer into the centre of loaves; when it reads 82 C/180 F they're ready.)

THE CANADIAN PRESS/ THEKNEADFORBREAD.COM

Ingredients

Night before

- 250 ml (1 cup) bread flour
- 1 ml (1/4 tsp) instant yeast
- 250 ml (1 cup) lukewarm water

Day of

- 250 ml (1 cup) pureed roasted beets plus any juice
- 125 ml (1/2 cup) stone-ground whole-wheat flour, plus extra for sprinkling
- 3 ml (3/4 tsp) instant yeast
- 15 ml (1 tbsp) chopped fresh thyme
- 8 ml (1 3/4 tsp) salt
- 675 ml (2 3/4 cups) bread flour (approx)
- Olive oil
- Cornmeal

is Bread aims to inspire readers to start baking by explaining techniques, demystifying the process with step-by-step photos and presenting a huge variety of breads.

Among the 50 recipes in the book are flavours from all over the world that will go with every meal and can be served as snacks and desserts as well.

Spanning wheat and the myriad of other grains used from country to country, All You Knead is Bread features breads such as pita, soda bread, cinnamon buns, cheese rolls, rye bread and more.

METRO



This recipe makes two loaves. THE CANADIAN PRESS HANDOUT

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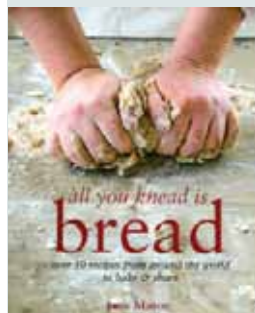
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FORD TOUGH

PICKUP TRUCKS HAVE NOW BECOME FASHION STATEMENTS

Trucks were once rolling toolboxes that you filled to the brim with shovels and bricks. Honestly, the idea of filling a new F-150 with bricks, or scuffing up the box in any way, makes us a little queasy, even if that's sort of the point of a pickup.

Many are pampered playthings that can cost more than a Lexus. The simple fact is that all of the domestic pickups are great trucks, so the automakers need to appeal to your sense of style.

For 2013, Ford is betting that a sharper-looking F-150 and reintroducing the full-lux Limited trim will bring even more customers through the door. All models get new trim-specific front grilles, bumpers and wheel designs, but the Limited sure is a head-turner. Available only as a SuperCrew four-door cab, the body-colour mouldings, brightwork and 22-inch wheels are set off by segment-first high-intensity-discharge headlights.

The interior is highlighted by heated and cooled red and black leather seats, aluminum trim and piano black accents that complement the new MyFord Touch screen on the dash. Limiteds are exclusively powered by the popular 3.5-litre "EcoBoost" twin-turbo V6 with 365 horsepower. Those wanting traditional V8 power are spoiled, with 5.0-litre or 6.2-litre options readily available in most other trims. In fact, the 411-horsepower, 6.2-litre V8 is standard on the F-150 SVT Raptor 4x4, which is inspired by Ford's participation in off-road desert racing.

Standard gear includes special shock

absorbers that stiffen as they compress to keep the truck from bottoming out or becoming too tippy while cornering. That's a good idea, since there's nearly 30 centimetres more of suspension travel in front and about 34 in back. The giant

35-inch-tall all-terrain rubber has been mounted to 17-inch wheels that are positioned farther outboard from the fenders to a point where the Raptor's width has been increased by more than seven inches compared to a standard F-150.

What, not big enough or tough enough? Not content with having the most powerful and probably the most capable heavy-duty pickup around, for

2013 Ford is aiming its Super Duty trucks toward the higher end of the market (told ya). A fully loaded GMC Sierra HD 3500 with the ubiquitous Denali package starts well north of \$60,000 and climbs higher very quickly. Ford's reply is adding a Platinum trim to the SD line with unique styling, different 20-inch wheels, chrome slathered everywhere, while the inside features wood trim and high-grain leather cover nearly every surface.

Niceties include standard power-adjustable pedals, a rear-view camera, remote start and power telescoping mirrors.

— wheelbasemedia.com



Ford F-150



Ford Expedition



Ford Escape



Ford Explorer

BASE PRICES (INCL. DESTINATION)

EXPEDITION: FULL-SIZE SUV; \$48,750

EXPLORER: MID-SIZE SUV; \$31,300

F-150: FULL-SIZE PICKUP; \$21,550

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Ford F-150 SVT Raptor



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If fuel economy, or lack thereof, killed the mid-sized Dakota, the Ram Boys aren't about to let that happen to the Ram 1500.

Its one big weak spot, fuel consumption, has been rectified for 2013 with Chrysler's ever-popular 3.6-litre V6 that bumps the ancient 3.7-litre V6 out of the engine bay. Horsepower climbs 42 per cent to 305 from 215 and fuel performance similarly improves to 11.4 l/100 km city and 7.8 highway, compared to 15.0/10.0. That's a huge difference.

The Ram also gets a new eight-speed automatic transmission that will also be attached to the 395-horsepower, 5.7-litre "Hemi" V8. This engine shut down four of its eight cylinders when not needed, such as at under light-load conditions or when headed downhill. A dash-mounted rotary shifter replaces the traditional column and console shifter. Returning is the 4.7-litre V8 rated at 310 horsepower. It's linked to a six-speed automatic.

For 2013, Rams get further fuel-

reduction assistance including stop-start technology that turns off the engine at rest, then instantly fires it up again once the brake pedal is released. Electric power steering cuts parasitic power losses. Subtle aerodynamic body improvements and active grille shutters help, too. Optional is an air suspension with load levelling and five height settings, one of which drops the body at highway speeds by 1.5 centimetres to cut the wind a bit better. Finally, a new thermal manage-

ment system is designed to quickly get the Ram's crankcase oil and other fluids up to operational temperatures, which assists in conserving gas.

The Ram 2500 and 3500 series pickups have upped the stakes with the optional Cummins turbo-diesel that's available in bad, badder and baddest grades for 2013. The tamest of the 6.7-litre inline six-cylinder powerplants is rated at 350 horsepower and 660 pound-feet of torque, while the intermediate version pushes those numbers up to 370 horsepower and 800 pound-feet. For maximum thrust and grunt, the 385-horse unit lays down a mind-numbing 850 pound-feet of torque.

The Cummins can be matched to a six-speed manual transmission (the only shift-it-yourself in its class), or a six-speed automatic. The result is a truck that can haul and tow an inordinate amount of whatever you have; up to 7,730 kilograms of trailer weight and up to 820 kilograms of tongue weight using a conventional Class V hitch. — wheelbasemedia.com

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Some of the hottest styling comes from the sketch pads at Hyundai. Just look at the new Santa Fe. Hyundai has gone from building cars that people on a budget had to buy, to beautiful rolling sculpture that you just have to buy.

The Santa Fe wagon is available in five- and seven-passenger sizes. The shorter-wheelbase five-passenger Santa Fe Sport arrives first, followed by the longer (by 22 centimetres) seven-passenger Santa Fe in early calendar 2013. The bigger Santa Fe is heavier than the Sport by more than 150 kilograms, which explains why it's only available with a 290-horsepower, 3.3-litre V6 that replaces the previously optional 274-horsepower, 3.5-litre V6.

Conversely, the Sport comes with a base 190-horsepower, 2.4-litre four-cylinder, or optional 264-horsepower



Hyundai Santa Fe

2.0-litre turbocharged four-cylinder. In all cases the only transmission is a six-speed automatic with manual shift controls.

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TUCSON: COMPACT SUV, \$21,750

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Turbo models add performance suspension components (stiffer shocks and stabilizer bars), 19-inch wheels (17s are standard), fancier gauge cluster, push-button start and heated front seats.

and provides added precision when negotiating turns.

The Santa Fe features plenty of

— wheelbasemedia.com



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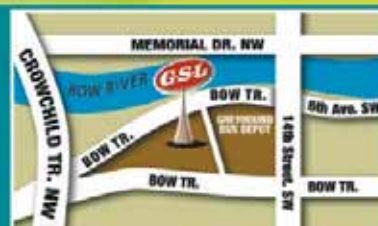


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Western final

Trading the classroom for the gridiron

Matt Norman had to get special permission to take a break from his student-teaching practicum this week.

He had an unusual — but legitimate — reason.

The B.C. Lions need him to help provide depth for a wounded offensive line in Sunday's Western final against the Calgary Stampeders. He started the season with the Lions but left in the middle of the campaign to pursue his teaching certificate at the University of Western Ontario.

Even Norman, who was teaching Grade 10 civics at Lucas High School in London, Ont., can't quite believe that he got a call from the club last week to put down his textbooks, pick up his playbook and return to B.C. for the big game.

"Ever since I was young, I've been following the CFL," said Norman, who was chosen by the Lions in the third round (22nd overall) of the 2012 CFL draft. "So to actually be in the Western final game is beyond words."

The 24-year-old from Chateauguay, Que., took part in practice Wednesday at BC Place and is expected to play a prominent role against the Stamps.

THE CANADIAN PRESS



Matt Norman B.C. LIONS



Stampeders receiver Nik Lewis is tackled by Saskatchewan's Macho Harris during Sunday's West Division semifinal in Calgary. LARRY MACDOUGAL/THE CANADIAN PRESS

CFL fines Nik Lewis for O.J.-related tweet

CFL. Tweet referenced gloves in 1995 murder trial of former NFL player O.J. Simpson

Quoted

"Let's call it a request. I've asked them not to do it before the season ends. We'll see how that goes."

Calgary coach and general manager John Hufnagel, who told Nik Lewis and the rest of the Stampeders not to tweet until the CFL season is over.

Calgary Stampeders running back Nik Lewis has a reputation for stirring the pot.

Both his football team and the Canadian Football League say he crossed the line with his comment on Twitter.

The CFL fined Lewis an undisclosed amount Wednesday for violating the league's social-media policy.

On Monday, Lewis tweeted: "I just bought OJ's gloves on eBay. Now all I need is a white girl named Nicole." He added the hashtag #May-beALittleToFar.

The reference was to the 1995 murder trial of former NFL player O.J. Simpson, who was asked in the courtroom to put on leather gloves found at the crime scene.

Simpson was acquitted in the murder of Nicole Brown Simpson and Ronald Goldman, but he lost a civil court case against him for their wrongful deaths.

The Stampeders head to Vancouver later this week to face the B.C. Lions in Sunday's West final. The victor

advances to the Grey Cup in Toronto on Nov. 25.

"I will say this organization is not proud of what occurred," said Calgary coach and general manager John Hufnagel. "It's something we as an organization do not condone and need to take care of."

Lewis can be an egotist, but a colourful one who isn't afraid to take verbal shots at opposing teams. Those qualities draw media like magnets, but this comment on social media landed him in

hot water with the Stampeders and the CFL.

"I tried to use my comedic rights and I guess I went a little too far," was Lewis's explanation Wednesday.

"I've said a lot of things that's walking that line. I told (Hufnagel) I'll stay away from the line out of respect to him, respect to our ownership and the city of Calgary. I'll just stay away from that line a little bit more."

"In the off-season, I'm going to tweet. I'll be smarter about what I tweet and I guess I'm not as funny as I thought I was."

Lewis, 30, says he didn't know how much money he would be fined. The Stampeders would have fined him if the CFL hadn't, said Hufnagel.

THE CANADIAN PRESS

4 SPORTS



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Grizzlies rip win away from Thunder

Memphis Grizzlies centre Marc Gasol, left, battles Thunder forward Kevin Durant for a rebound in Oklahoma City on Wednesday night. Rudy Gay scored a season-high 28 points and Zach Randolph added 20 points and 11 rebounds before getting ejected along with Kendrick Perkins during a late-game altercation, as the Grizzlies beat the Thunder 107-97.

SUE OGROCKI/THE ASSOCIATED PRESS

Lockout. NHL, NHLPA have no plans to meet

Now the NHL and the locked-out players' association aren't even talking by phone.

With the lockout entering its third month, communications between the fighting sides have come to a halt with no clear sign of what the next step will be or when it will be taken.

"No, we have not communicated today," NHL deputy commissioner Bill Daly told The Associated Press on Wednesday in an email. "No meetings scheduled, and no plans to meet."

After four straight days of negotiations in New York last week, talks broke off

Games lost

So far, 327 games — all those scheduled through Nov. 30 and the New Year's Day outdoor Winter Classic — have been cancelled by the NHL.

angrily Friday night. Discussions resumed on Sunday, solely regarding player contract terms, but that meeting ended after only 90 minutes.

Daly says that no decisions have been made to call off any more games.

THE ASSOCIATED PRESS

Time is now: Jays suddenly a big fish

Moving up. Deal makes Toronto a contender in ultra-competitive AL East

Toronto Blue Jays general manager Alex Anthopoulos made it clear when the season ended that addressing his team's starting pitching needs would be a top off-season priority.

He delivered on that plan and dramatically changed the look of the franchise with one of the biggest trades in team history.

The deal between the Blue Jays and Miami Marlins won't get final approval until the players pass physicals. When that happens, Toronto will immediately be considered a contender for the first time since capturing back-to-back World Series titles in 1992 and 1993.

According to various reports, right-hander Josh Johnson, left-hander Mark Buehrle and all-star shortstop Jose Reyes are heading north along with infielder Emilio Bonifacio and catcher John Buck.

Shortstop Yunel Escobar is Miami-bound along with infielder Adeiny Hechavarria, right-hander Henderson Alvarez, catcher Jeff Mathis and prospects Anthony DeSclafani,



Pending physicals, Mark Buehrle, left, Jose Reyes, centre, and Josh Johnson will be Blue Jays after Tuesday night's blockbuster trade. THE ASSOCIATED PRESS FILE

Justin Nicolino and Jake Marisnick.

"It's still got to bear fruit on the field," said Cary Kaplan, president of Mississauga, Ont.-based sports-management company Cosmos Sports. "But I think people feel very happy today — those that are Blue Jays fans — and I think there are people on the fence that will move to the other side."

Johnson, Buehrle and Brandon Morrow provide a deep 1-2-3 punch in the starting rotation. Reyes is a big step up from Escobar, Bonifacio should fill a hole at second base and Buck gives the team an experienced hand behind the plate.

Toronto didn't give up too much from its current roster to make the deal. In Escobar, the Marlins get a mediocre shortstop who fell out of favour in Toronto after writing an anti-gay slur in Spanish on his eyeball stickers.

Mathis was a decent backup and Alvarez posted middling numbers in 2012, but he could be a stud down the line.

The prospect price was heavy as Hechavarria could develop into a star. DeSclafani, Nicolino and Marisnick also have plenty of potential.

But after years of playing with an eye to the future, this deal appears to show that the Blue Jays' time is now.

The new additions make the club much deeper, but they don't come cheap.

Johnson is owed \$13.75 million US next season, Reyes has \$96 million left on a deal expiring in 2018 and Buehrle has \$52 million remaining on a deal expiring in 2015.

THE CANADIAN PRESS/
THE ASSOCIATED PRESS

Quoted

"Everybody in the world wants to talk about the Marlins and the fact they're now a triple-A team."

Miami city commissioner Marc Sarnoff. The attendance-challenged Marlins have antagonized fans yet again by deciding a low-budget team is good enough for their new ballpark.

How things change

A look at four other blockbuster trades from the Jays' past:

TORSTAR NEWS SERVICE

Photos by Getty Images



December 1990

The Jays acquired Rober Alomar and Joe Carter from San Diego while saying goodbye to Tony Fernandez and Fred McGriff. Alomar and Carter were arguably the most important players in the Jays' World Series titles in 1992 and '93.

November 1996

The Jays completed what was then the largest trade in club history in a nine-player deal with Pittsburgh, acquiring left-hander Dan Plesac, along with Carlos Garcia and Orlando Merced for six mostly minor-league players.



February 1999

The Jays traded their two-time Cy Young winner Roger Clemens to the New York Yankees for lefty David Wells, reliever Graeme Lloyd and infielder Homer Bush.

December 2009

Rookie GM Alex Anthopoulos was tested early in dealing Roy Halladay. Halladay's trade demands limited Anthopoulos to dealing with Philadelphia, but he was still able to get top prospects Travis d'Arnaud, Kyle Drabek and Michael Taylor.

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Georges St-Pierre, left, squares off with Carlos Condit following a press conference in Montreal on Wednesday ahead of their UFC 154 title fight on Saturday. GRAHAM HUGHES/THE CANADIAN PRESS

Little sizzle ahead of St-Pierre and Condit fireworks

UFC. Bookmakers have Georges St-Pierre as a 3-1 favourite to beat Carlos Condit in Montreal event

The two rivals sat on stage flanked by their championship belts. But fans hoping for fireworks between Georges St-Pierre and Carlos (Natural Born Killer) Condit will have to wait for Saturday night in the cage.

On Wednesday, all the two

welterweights did was look good and try to kill their opponent with kindness at the UFC 154 news conference in Montreal.

Condit called St-Pierre "a benchmark" of mixed martial arts.

"I'm honoured to have the chance to compete against Georges," said the 28-year-old native of Albuquerque, N.M., who admits to weeping when offered the bout. "He is someone I've admired as a fighter for a long time. But he's where I want to be, he's the top guy in the sport, top guy in the division. He has cemented

a legacy as the best welterweight in the world and that's what I want.

"So all admiration aside, I'm coming to take that from him."

St-Pierre, who has been sidelined for 18 months due to reconstructive knee surgery, says Condit is the ultimate test in his comeback.

"I have something to prove to myself," said the 31-year-old Montreal native.

"I want to prove to myself that I'm still the best guy in the world and I believe the best guy right now is Carlos."

THE CANADIAN PRESS

\$100M cash bump for Olympic sports

The Canadian Olympic Committee will be almost doubling its financial support for Olympic sports over the next four years with an injection of about \$100 million, president Marcel Aubut said Wednesday.

Ottawa has also promised to keep its funding for Olympic sport intact, he said.

"This money ... coming from the (federal) government ... plus the \$100 million, will guarantee a bright and golden future for Canadian Olympic athletes," he said on a conference call that included pres-

New money

\$50M

The \$100 million represents an injection of close to \$50 million in new money, COC president Marcel Aubut said.

idents of some of the national sports federations.

Aubut says the COC spent somewhere just over \$50 million over the last four years, with almost all of it coming from corporate donors, and

is only able to increase that amount because of their support.

The \$100 million will go to support both summer and winter events as well as to prepare for the 2015 Pan American Games in Toronto.

He promised more detailed announcements to flesh out where the money will be spent.

Aubut says the money will be part of the 2013 to 2016 high-performance action plan for athletes, coaches and national sport federations.

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Horoscopes

Aries

March 21 - April 20

If you allow yourself to get angry, it will distort your judgment and you will make a mistake. Then you'll be angrier than before. Remember: There is a reason for everything that happens in life, even the "bad" things.

Taurus

April 21 - May 21

It may seem as if someone you have feelings for is trying to avoid you, but most likely it is your imagination playing tricks. Give them the space they seem to need, and soon they'll be back at your side.

Gemini

May 22 - June 21

The more others try to push you in directions you don't want to go, the more you must resist. Also, be careful when exerting yourself physically. The Sun in the wellbeing area of your chart warns you to put your health first.

Cancer

June 22 - July 23

You have been too soft with someone who has been taking liberties and now you must go to the other extreme and come down on them hard. If you let things continue as they are, chaos will be the result.

Leo

July 24 - Aug. 23

You sense that something big is about to happen, something that will change your life for the better. As usual, your instincts are spot on. So, keep your eyes and ears open and be ready to act.

Virgo

Aug. 24 - Sept. 23

You seem to have rather a lot to say for yourself at the moment, and that's fine. But watch out that you don't say too much over the next 24 hours or you could find you have given up your advantage. Knowledge is power.

Libra

Sept. 24 - Oct. 23

It may seem as if you are losing something valuable, and maybe you are, but there is no point worrying about it. The planets indicate what you have to give up now will be replaced by something much better very soon.

Scorpio

Oct. 24 - Nov. 22

You will be under a lot of pressure today and tomorrow as several issues come to a head at the same time. You will find ways to stay on top of them but schedule yourself a restful weekend. You'll need it!

Sagittarius

Nov. 23 - Dec. 21

For some reason, you are worked up about something that, nine times out of ten, would not worry you. Remind yourself it is of no great importance. In a matter of hours, it will be forgotten.

Capricorn

Dec. 22 - Jan. 20

Steer clear of a friend's personal affairs today. The planets warn that if you allow yourself to get involved, you will find it almost impossible to get out again. And you'll end up getting most of the blame.

Aquarius

Jan. 21 - Feb. 19

If your reputation is important to you then you will have to defend it today. It seems that someone is determined to undermine your authority and you cannot afford to let that happen. Take the battle to them.

Pisces

Feb. 20 - March 20

You may think you can get away with anything at the moment but Saturn, the great taskmaster of the zodiac, says otherwise. Think things through carefully before you act and, if in doubt, don't act at all. **SALLY BROMPTON**

Canadian Crossword

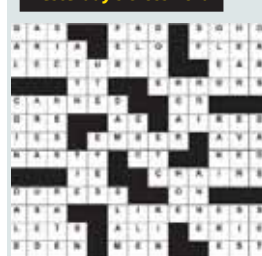
Across

1. Roseanne's hubby
4. Cooking utensil
7. Healthy
10. The Bold —
12. Pitcher's stat.
13. Family group
14. Break in two
15. Salt (Fr.)
16. Rave's partner
17. Noblemen
20. Deal or — Deal
21. Bible pt.
22. Mended a skirt
25. Dogma
29. Past due
30. Island (Fr.)
31. Bad neighbourhood
34. That Don't Impress Me Much! singer
36. Model Railroad gauge
37. Midwestern state
38. Helmut wearing transports
45. Bird of peace
46. Schnozz ending
47. After midnight
49. — to Avonlea
50. Days of — Lives
51. Nova
52. Fashion designer (abbr.)
53. Mad —
54. Avenues

Down

1. — and don'ts
2. Siam woman
3. Close by
4. Fly or hornet
5. Chocolate layer cookie
6. Bath powder
7. Level
8. Ziering and McShane
9. Dynamite (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

9	8	1	3	4	6	5	7	2
3	2	4	1	5	7	8	6	9
5	6	7	8	2	9	4	1	3
2	7	5	4	8	1	9	3	6
8	3	9	5	6	2	7	4	1
4	1	8	9	7	3	2	5	6
1	4	6	5	9	5	3	2	7
7	9	3	2	1	4	6	8	5
6	5	2	7	3	8	1	9	4

Weather

TODAY



MAX: 3°
MIN: -6°

FRIDAY



MAX: -1°
MIN: -7°

SATURDAY



MAX: 2°
MIN: -3°



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